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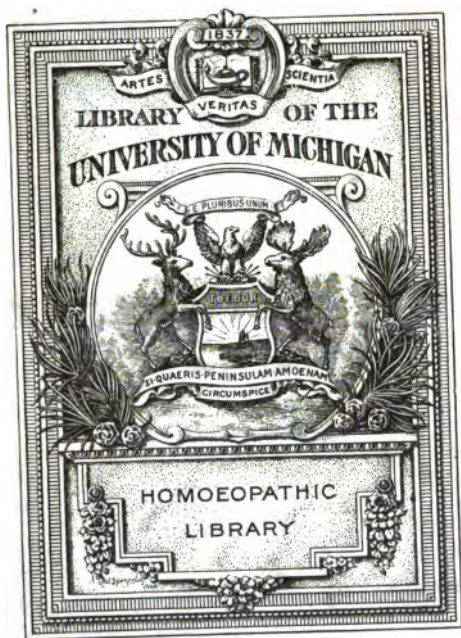
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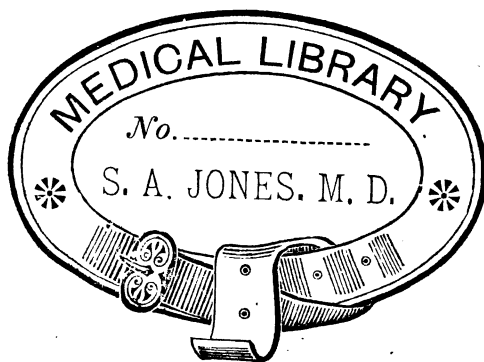
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THE  
HOMŒOPATHIC TREATMENT  
OF  
INDIGESTION CONSTIPATION,  
HÆMORRHOIDS,  
AND  
DISEASES OF THE LIVER.

BY WILLIAM MORGAN, M.D.,

MEMBER OF THE ROYAL COLLEGE OF SURGEONS OF ENGLAND; MEMBER OF THE  
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TO THE LONDON HOMŒOPATHIC HOSPITAL.

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## PREFACE TO THE PRESENT EDITION.

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THE demand for a new edition of this Work, affords the author an opportunity of expressing his sense of gratitude to the public for their kind reception of the former ones, and of endeavouring to make the present one still more worthy of their approbation.

Acting on a suggestion made by the publisher, the author has undertaken to re-write the greater portion of the Work; has erased much which was considered as theoretical; has avoided, as far as able, the use of professional and technical terms, so as to bring it within the scope of a practical "*Domestic Guide*."

The dimensions of the volume have likewise been reduced to a more portable size; and although much matter has been weeded, much has been added of a more useful and practical nature—consisting of new sections on *Water-brash*; *Heartburn*; *Itching*, and *Fissure of the Anus*; Diseases of the Liver; Mineral Waters; and Wines particularly adapted for the

dyspeptic; thus forming, as it were, a circle of those distressing ailments which affect the various organs appertaining to the process of digestion and assimilation.

TYNDALE PLACE,

ISLINGTON, N.

*June 1st, 1866.*



## PREFACE TO THE FIRST EDITION.

---

THE recognition and practice of Homœopathy by men of acknowledged position in medical science, was the chief cause that first directed the author's attention to the study of this mode of treatment. Four years ago he was as strong an opponent to this so-called innovation, as he is now, upon conviction, its supporter. He had not long, however, adopted the system, when he became sensible that homœopathic writers had hitherto bestowed but little attention upon the important class of diseases which form the subject of the brief treatise now submitted to the reader.

In the treatment of these diseases, he has dwelt as much on the Anatomy, Pathology, and Hygiene connected therewith, as the narrow limits of so small a volume allowed. And he would inculcate most forcibly, that without minute investigation of those subjects, homœopathic, as well as all other practice, must be unavailing.

Diseases resulting from irregularity or debility of the digestive organs are so frequent in their occurrence, that scarcely a family can be found in which one or more of its members are not sufferers thereby; and it is from almost habitual success in testing the efficiency of homœopathic treatment in such cases, as will hereafter be noticed, that the author feels some confidence in putting forth the following remarks.

In conclusion, the author would entreat those who possess a rooted disbelief in the principles and effects of Homœopathy, first to remember, that it is on the selection, not on the amount of the medicine, that the practitioner of Homœopathy relies for success: secondly, he would ask both patients and practitioners to test the effects of infinitesimal doses—of *medicines homœopathically* selected—before they summarily condemn their application.

## PREFACE TO THE SECOND EDITION.

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THE fact that one thousand copies, which formed the first edition of this Work, should have been disposed of within a period of four years, has forcibly impressed upon the mind of the author, that a treatise upon the subjects therein contained was much needed by the public.

The present edition has been carefully revised.

A new illustration of the organs appertaining to the process of digestion has been added, and copious additions have been interspersed throughout the Work.

As the author claims no pretension to the gastro-nomic talents of M. Soyer, he begs to observe, that the section devoted to the preparation of articles suited to the delicate and dyspeptic patient has been added at the suggestion of the publisher: he, consequently, lays no claim to any merit which undoubtedly may be attached to it, although perfectly concurring in the advantages it exhibits.

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## LIST OF MEDICINES

*Prescribed in this Essay; their English Names,  
Abbreviations, and Potency usually prescribed by  
the Author.*

---

LATIN NAME.	POTENCY.	ENGLISH NAME.	ABBREVIATIONS.
1. ACIDUM NITRICUM.....	2 ...	Nitric acid .....	Acid. nit.
2. ACONITUM NAEPELLUS ...	3 ...	Monkshood .....	Acon.
3. ALUMEN .....	6 ...	Alum .....	Alum.
4. ANTIMONIUM CRUDUM ...	5 ...	Antimony .....	Ant. cr.
5. ARGENTUM NITRATIS ...	3 ...	Nitrate of silver ...	Arg. nit.
6. ARNICA MONTANA.....	6 ...	Leopard's bane .....	Arn. mont.
7. ARSENICUM ALBUM .....	3 ...	Arsenic .....	Ars.
8. AURUM METALLICUM.....	6 ...	Gold .....	Aur. m.
9. BELLADONNA .....	3 ...	Deadly nightshade...	Bell.
10. BRYONIA ALBA .....	3 ...	White bryony .....	Bry.
11. CALCAREA CARBONICA ...	6 ...	Carbonate of lime...	Calc. carb.
12. CARBO VEGETABILIS .....	3 ...	Vegetable charcoal...	Carb. veg.
13. CHAMOMILLA .....	3 ...	Chamomile.....	Cham.
14. CHINA OFFICINALIS .....	3 ...	Peruvian bark .....	Chin. sulph.
15. COFFEA CRUDA .....	3 ...	Crude coffee .....	Coff.
16. COLOCYNTHIS....	6 ...	Colocynth .....	Coloc.
17. HAMAMELIS VIRGINIANA	φ ...	Witch-hazel .....	Hamam.
18. IGNATIA AMARA.....	3 ...	St. Ignatius's bean...	Ign.
19. IPECACUANHA .....	3 ...	Ipecacuanha .....	Ipecac.
20. LACHESIS .....	6 ...	Serpent poison .....	Laches.
21. LYCOPodium CLARATUM	6 ...	Wolf's-claw .....	Lycop.
22. MERCURIUS SOLUBILIS ...	2 ...	Soluble mercury ...	Merc. sol.
23. NUX VOMICA .....	2 ...	Vomic-nut .....	Nux vom.
24. PODOPHYLLUM .....	φ ...	May-apple .....	Pod. pelt.
25. PULSATILLA.....	3 ...	Meadow anemone ...	Puls.
26. SULPHUR.....	5 ...	Sulphur .....	Sulph.
27. TARAXACUM .....	φ ...	Dandelion .....	Tarax.
28. THUJA OCCIDENTALIS ...	φ ...	Tree of life.....	Thuj.
29. VERATRUM ALBUM.....	3 ...	White hellebore.....	Ver. alb.



## MEDICINES, THEIR MODES OF PREPARATION, THE DOSE, AND MANNER OF ADMINISTRATION, BRIEFLY EXPLAINED.

HOMŒOPATHIC medicines are prepared and kept in the form of *tinctures, essences, triturations, pilules, and globules.*

### TINCTURES AND ESSENCES.

*Tinctures and essences* are chiefly derived from the vegetable and animal kingdom, in the form of expressed juice, known as *mother tincture.*

From these, the various dilutions, or potencies, are prepared; and the higher we ascend in the scale of dilution, the further we depart from the crude drug—which accounts for the *non-poisonous* properties of homœopathic medicines.

### TRITURATIONS.

*Triturations* are chiefly prepared from substances derived from the mineral kingdom, as alum, arsenic, baryta, gold, iron, lime, mercury, tin, zinc, and many more.

### PILULES AND GLOBULES.

*Pilules and globules* are not, in reality, homœopathic medicines; they are simply very elegant and ingenious *vehicles* for the administration of tinctures, on the same principle that Dr. Dosewell selects *jam, jelly, or honey* as vehicles for the administration of his grey powder and rhubarb;—*in quovis vehiculo crasso*—in some convenient vehicle; or, as once waggishly translated by a candidate for the licence of the Apothecaries' Company—*in some stout hackney-coach.*

The potency of the various medicines prescribed in this work, is what a small section of our body would call *low*—in contradistinction to the more *ethereal, or exalted* preparations

## xii MEDICINES—THEIR MODES OF PREPARATION.

found in the homœopathic pharmacy. They constitute, however, the general form prescribed by the Author for some years, and have proved eminently successful in his hands.

### MODE OF ADMINISTRATION.

The dose of a tincture is, as a rule, one drop, repeated at intervals varying from two to four hours in *acute*, and from twelve to twenty-four hours in *chronic*, diseases. If the medicine is to be taken for any length of time, the most convenient plan to adopt, is to dissolve twelve drops of the selected tincture in twelve table-spoonfuls of water, and to take a table-spoonful for a dose; the medicine should be well stirred each time before taken.

The water used should be distilled, filtered, or cold boiled.

The solution should be made in a clean tumbler or bottle, and kept from dust and light.

The spoon used should be silver or earthenware, and kept exclusively for the purpose.

Medicines, as a rule, should be taken on an empty stomach, or about two hours after a meal.

*Pilules* and *globules* may be taken either dry on the tongue or in solution. If the former, one pilule, or six globules, may be considered an average dose: if the latter, one pilule, or six globules dissolved in a table-spoonful of water, may be considered equivalent to one drop of the tincture in the same quantity of water.

*Triturations* may likewise be taken dry on the tongue, or in solution: one grain, or as much as will stand on the point of a penknife, is about equal to one drop of a tincture, one pilule, or six globules.



# CONTENTS.

---

	PAGE
PREFACE . . . . .	iii
TABLE OF THE MEDICINES AND DILUTIONS PRESCRIBED .	ix
Medicines, their Modes of Preparation, the Dose, and	
Manner of Administration, briefly explained .	xi
INTRODUCTION . . . . .	1
Description of Plate . . . . .	2
ILLUSTRATION REPRESENTING THE ALIMENTARY CANAL	
( <i>Woodcut</i> ) . . . . .	3
Description of the Organs of Digestion . . . . .	4
Process of Digestion . . . . .	10

## PART I.

GENERAL TREATMENT—HYGIENE . . . . .	13
Air, Light, and Exercise . . . . .	14
Time of Rest after Meals . . . . .	18
General Habits . . . . .	19
Diet . . . . .	20

## PART II.

DYSPEPSIA—INDIGESTION . . . . .	29
Preliminary Remarks . . . . .	ib.
Sub-acute Inflammation of the Stomach—Gastritis .	31
Causes . . . . .	32
Treatment . . . . .	ib.
Diet . . . . .	35
CHRONIC INDIGESTION OF THE STOMACH . . . . .	ib.
Symptoms of First Stage . . . . .	36
„ „ Second Stage . . . . .	37

	PAGE
Symptoms of Third Stage . . . . .	38
„ „ Fourth Stage . . . . .	ib.
Causes . . . . .	ib.
INDIGESTION OF THE DUODENUM . . . . .	39
Remarks . . . . .	ib.
Acute Form . . . . .	40
Chronic Form . . . . .	ib.
Treatment . . . . .	41
PYROSIS—WATER-BRASH, OR BLACKWATER . . . . .	47
Definition . . . . .	ib.
Symptoms . . . . .	48
Complications . . . . .	ib.
Diagnosis . . . . .	ib.
Treatment . . . . .	50
CARDIALGIA—HEARTBURN . . . . .	51
Remarks . . . . .	ib.
Symptoms . . . . .	ib.
Causes . . . . .	52
Treatment . . . . .	ib.
General Diet and Regimen in Dyspepsia . . . . .	54

## PART III.

CONSTIPATION . . . . .	59
Remarks . . . . .	ib.
Causes . . . . .	ib.
Treatment . . . . .	62
SELECTION OF REMEDIES FOR CONSTIPATION OF—	
The Duodenum . . . . .	62
The Cæcum . . . . .	63
The Colon . . . . .	ib.
The Rectum . . . . .	64
Diet and Auxiliary Treatment . . . . .	ib.
Purgatives, a frequent cause of Constipation . . . . .	65

# CONTENTS.

XV

PAGE

## PART IV.

HÆMORRHOIDS—PILES . . . . .	68
Remarks . . . . .	ib.
Internal Piles . . . . .	ib.
Symptoms . . . . .	69
Pathology . . . . .	70
Treatment, with Cases . . . . .	ib.
External Piles . . . . .	71
Anatomical Structure . . . . .	ib.
Symptoms . . . . .	72
Causes . . . . .	73
Treatment . . . . .	74
Diet and Hygiene . . . . .	79
PRURITUS ANI—ITCHING OF THE ANUS . . . . .	80
Introduction . . . . .	ib.
Causes . . . . .	81
Symptoms . . . . .	ib.
Treatment . . . . .	82
FISSURE OF THE ANUS . . . . .	86
Remarks . . . . .	ib.
Symptoms . . . . .	ib.
Causes . . . . .	87
Treatment . . . . .	88

## PART V.

DISEASES OF THE LIVER . . . . .	91
Torpor of the Liver, with Diminished Secretion of	
Bile . . . . .	ib.
Symptoms . . . . .	92
Causes . . . . .	ib.
Diagnosis . . . . .	93
Treatment . . . . .	ib.
Diet . . . . .	96

	PAGE
EXCESSIVE SECRETION OF BILE . . . . .	97
Symptoms . . . . .	<i>ib.</i>
Causes . . . . .	98
Treatment . . . . .	99
HEPATITIS—ACUTE INFLAMMATION OF THE LIVER . . . . .	100
Remarks . . . . .	<i>ib.</i>
Symptoms . . . . .	101
Termination . . . . .	102
Causes . . . . .	103
Treatment . . . . .	<i>ib.</i>
Chronic Inflammation of the Liver (Liver Complaint)	105
Remarks . . . . .	<i>ib.</i>
Symptoms . . . . .	<i>ib.</i>
Causes . . . . .	106
Treatment . . . . .	<i>ib.</i>
Diet . . . . .	108
ICTERUS—JAUNDICE . . . . .	109
Remarks . . . . .	<i>ib.</i>
Symptoms . . . . .	110
Causes . . . . .	111
Treatment . . . . .	<i>ib.</i>
Diet . . . . .	114

## PART VI.

Mineral Springs Prescribed, their Localities, and Medi- cinal Properties . . . . .	115
---	-----

## PART VII.

The Medicinal Properties of Hungarian Wines, and their applicability to certain forms of Disease . . . . .	120
<i>Appendix</i> —Containing Commendable Articles of Diet . . . . .	127
<i>Index</i> —Combining the Indication of Medicines . . . . .	149

## INTRODUCTION.

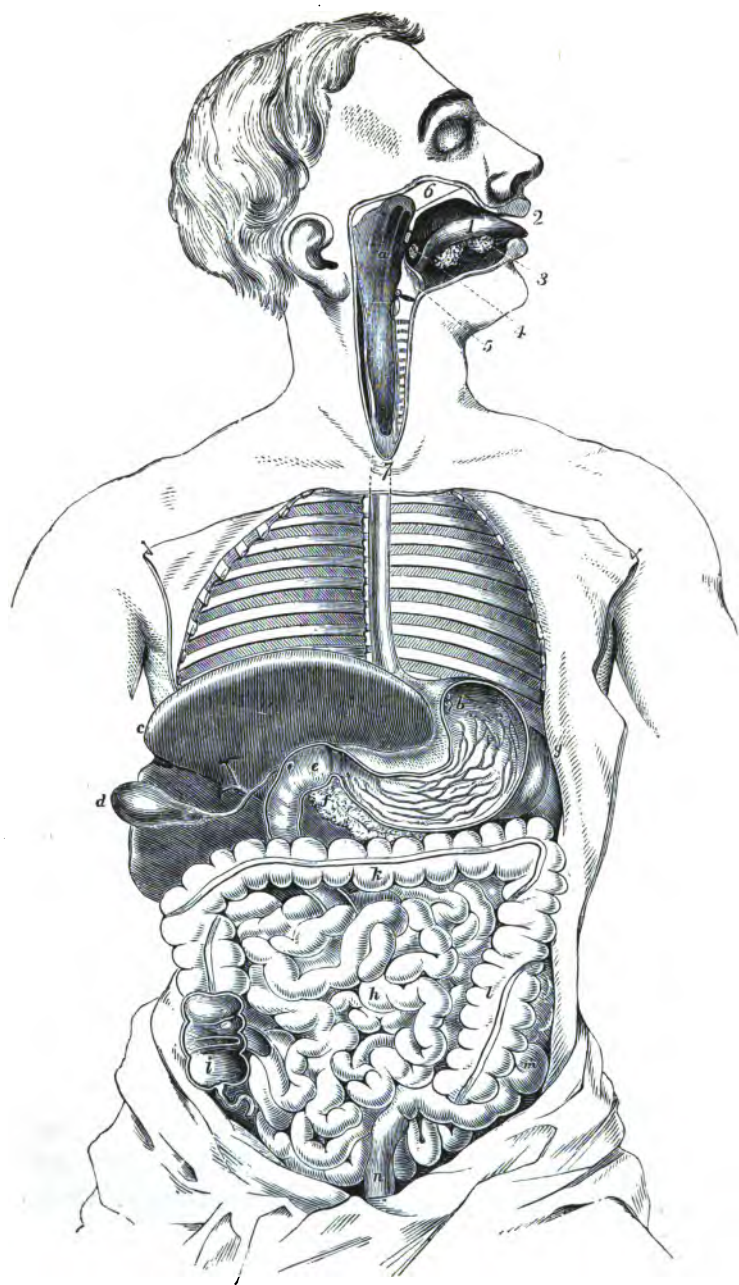
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BEFORE entering into what may be considered the immediate subject of the present Treatise, it may not be altogether irrelevant to the matter, to present the reader with a popular description of the different organs employed in preparing food for undergoing the various processes concerned in the functions of digestion; for it will scarcely admit of being questioned, that before the subject of Indigestion, and its consequences, can be systematically considered, or the principles upon which this disease can be prevented, cured, or clearly understood, the reader must have attained some acquaintance with the complicated machinery by which Nature extracts nourishment from the various articles of food. The manifold and complex processes concerned in this wondrous transmutation, are expressed by the very comprehensive term *Digestion*, though we sometimes find this term so restricted, as to denote only those preparatory changes which the food is made to undergo in the stomach.

The principal organs called into requisition in the process of digestion, are the mouth, tongue, pharynx, œsophagus, stomach, liver, pancreas, intestines, salivary glands, and absorbent vessels.

Before we proceed to examine the structure, relative

positions, and functions of these organs, we will first point out the most prominent features connected with the accompanying diagram. In the first place, a dissection is made of one side of the face and neck, whereby a view is given of the mouth, pharynx, larynx, œsophagus, &c. Secondly, of the chest and abdomen. In the mouth is seen the tongue (1) projecting forward between the lips (2). Underneath the tongue are seen two oval-shaped bodies, the sublingual glands (3), with their excretory duct pointing towards its tip; at the root of the tongue is seen the tonsil (4), and the epiglottis (5); beyond this is seen the pharynx (*a*); at the upper part of this cavity are the openings of the posterior nares (6). The pharynx terminates in the œsophagus near the root of the epiglottis, while the latter is continuous downwards (a section of which is also given), as far as the upper edge of the sternum; from thence it may be traced by means of dotted lines (7) through the integuments, until it reappears in the chest, where it takes the same course until it reaches the stomach (*b*). The removal of the heart, lungs, and other structures, gives us this uninterrupted view of the œsophagus through the thorax; (*b*) the stomach, a section of which is given to shew its internal surface; (*c*) the liver, turned upwards and backwards, exhibiting the gall-bladder (*d*), with its excretory duct emptying itself into the duodenum (*e*); (*f*) the pancreas; (*g*) the spleen; (*h*) the convolutions of the small intestines, terminating in the right iliac fossa by open-



ing into the first stage of the large intestine; the colon (*i*), a section of which is also given.

The colon is divided into *ascending*, *transverse*, and *descending*.

The ascending colon (*i*) passes upwards from the right iliac region (where the small intestines terminate), through the right lumbar region, to the under-surface of the liver. It then bends inwards, and crosses the upper part of the umbilical region, under the name of *transverse colon* (*k*); and on the left side descends—descending colon (*l*)—through the left lumbar region to the left iliac fossa, where it makes a remarkable curve upon itself, the sigmoid flexure (*m*); it then passes down, in a straight line, along the gentle curve of the sacrum and coccyx, under the name of rectum (*n*), and terminates at the anus.

#### STRUCTURE AND USE OF THE DIGESTIVE ORGANS.

1. THE TONGUE is the principal organ of taste: it consists of muscular fibres, intermingled with fat, cellular tissue, blood-vessels, and nerves, the latter being derived from three separate sources—the *gustatory*, which gives taste; the *glosso-pharyngeal*, which gives sensation; and the *lingual*, which supplies the muscles with moving power.

2. SALIVARY GLANDS.—These bodies consist of three pairs—the *parotid*, situated in front of the ears; the *sub-maxillary*, underneath the lower jaw; and the *sub-lingual*, underneath the tongue: their



office is to secrete saliva, to lubricate the mouth, and to assist in the first process of digestion.

3. THE PHARYNX is a funnel-shaped, muscular cavity, situated behind the tongue: its office is to receive the food from the mouth; and, by the action of its muscles, convey it to the *œsophagus*.

4. THE CÆSOPHAGUS, or "gullet," is a muscular tube, extending from the lower part of the pharynx to the upper orifice of the stomach: its office is to receive the food, and to convey it from the pharynx to the stomach.

5. THE STOMACH is the principal organ of digestion: it is an elongated, muscular *reservoir*, or bag, situated beneath the diaphragm, lying between the liver and spleen, and occupying the epigastric and a part of the left hypochondriac region: its office is to receive food from the *œsophagus*, and convert it into *chyme*, or juice.

6. THE PANCREAS—sweet-bread (*f*)—in structure, is similar to the salivary glands. It is a long, flattened body, resembling the tongue of a dog: its office is to secrete a fluid, which, when mixed with bile, forms a saponaceous compound, which assists in the conversion of *chyme* into *chyle*.

7. THE LIVER.—To the secretion of bile, a purifier of the blood, and a helper to maintain animal heat. Nature has endowed an organ of considerable magnitude, called the *liver*.

It is the largest and most remarkable gland in the body, measuring, through its longest diameter, about

twelve inches, and weighing from four to five pounds. Its form is irregular, and occupies a considerable space in the upper boundary of the abdominal cavity. On its under-surface is a pear-shaped sack, the gall-bladder, marked (*d*) in diagram.

The liver is divided into *five* compartments, or *lobes*, called the

Right Lobe,  
Left Lobe,  
Quadrangular Lobe,  
The Lobe of Spigelius, and  
Caudated Lobe.

The outlines of these *lobes* are formed by an equal number of *fissures*—namely, the

Longitudinal Fissure,  
Fissure of the Venous Duct,  
Transverse Fissure,  
Fissure for the Gall-bladder, and  
Fissure for the Vena Cava.

It is supported and retained in its position by the same number (5) of *ligaments*, or *chords*, four of which are reflections of the serous covering of the intestines (the peritoneum); namely—

The Longitudinal,  
Two Lateral,  
The Coronary,

And the fifth, or Round Ligament, which is formed upon the obliteration of the umbilical vein of the *foetus*, whose place it occupies.

The blood-vessels and lymphatics entering into the

structure of the liver, are likewise five in number ; namely—

Hepatic Artery,  
Portal Vein,  
Hepatic Veins,  
Hepatic Ducts, and  
Lymphatics.

The nerves of the liver are derived from the systems both of animal and of organic life—the former from the right *phrenic* and *pneumogastric* ; the latter from the *hepatic plexus* of the great sympathetic tract.

The entire substance of the liver is composed of a vast number of minute bodies, called lobules, about the size of a “homœopathic globule:” nevertheless each *lobule* contains all the elementary parts of which the entire organ is composed—namely, branches of the hepatic artery, and vein ; branches of the portal vein ; branches of the hepatic ducts, and secreting cells.

The *portal vein*, *hepatic artery*, and *hepatic duct*, are enclosed in a sheath of fibro-cellular tissue, called “glissous capsule;” they enter the liver together at the transverse fissure, and ramify through the whole substance of the organ.

The portal vein distributes its branches through portal canals, which are channelled through every part of the organ ; it brings the returning blood from the *chylo-pöietic* viscera ; it collects, also, the venous blood from the ultimate ramifications of the *hepatic artery* in the substance of the liver ; it gives off

branches in the canals, called *vaginal*, and so form a venous vaginal plexus: these give off *inter-lobular* branches; and the latter enter the lobules, and form *lobular* venous plexuses; from the blood circulating in which, the bile is secreted.

The bile so secreted in the lobule, is received by a net-work of minute ducts, called the *lobular-biliary* plexus, and conveyed from the lobule into the *inter-lobular* ducts; from thence into the *biliary vaginal plexus* of the portal canal; thence into the excreting ducts, by which it is carried to the *gall-bladder*, and from thence to the *duodenum*.

The hepatic artery distributes branches through every portal canal; gives off what is termed *vaginal* branches, which form a *vaginal hepatic plexus*, from which the *inter-lobular* branches arise; and these latter terminate ultimately in the *lobular venous plexuses* of the portal vein. The artery ramifies abundantly in the coats of the *hepatic* ducts, enabling them to provide their mucous secretion; supplying the nutrient vessels of the entire organ as well.

The *hepatic veins* commence in the centre of each lobule by minute radicles, which collect the impure blood from the lobular venous plexus, and convey it into the *intra-lobular* veins: these open into the *sub-lobular* veins; and the *sub-lobular* veins unite to form the large *hepatic* trunks, by which the impure blood of the liver is conveyed into the *vena cava* as it passes through the organ.

The knowledge we at present possess of the physio-

logy and functions of the liver, as derived from the foregoing anatomical arrangement, may be thus briefly expressed :—

1. The bile is secreted wholly from venous blood, this blood being collected from the *chylo-pöietic\** viscera.

2. The hepatic artery carries pure blood into the liver, to supply nourishment to its various structures.

3. The hepatic ducts collect the bile, and carry it into larger canals; from thence into the main *reservoir*, the gall-bladder.

4. The liver assists in purifying the blood, by excreting *Carbon* and *Hydrogen*, which, being subsequently re-absorbed, combine with *Oxygen*, and thus assist to keep up animal heat.

5. The liver forms sugar, which passes into the hepatic veins, and being consumed in the process of respiration, likewise assists to maintain animal heat.

Lastly, the liver secretes bile, which, in conjunction with the juice from the pancreas, converts the *chyme* into *chyle*. It likewise performs another important office—namely, acting as an aperient—Nature's own black draught; for whenever there is a scanty secretion, or excretion of bile, constipation invariably follows, as clearly illustrated in torpor of the liver, biliary congestion, and jaundice. Restore the natural functions of that organ, obtain a healthy

\* A term applied to the viscera and vessels which are connected with the formation of chyle.

and regular supply of bile, a train of morbid symptoms will disappear, and a natural evacuation of the bowels will follow.

THE INTESTINES consist of two main divisions, small and large; the former are about twenty-five feet in length, the latter about four feet: they are lined by a membrane, whose principal office is to secrete mucus, form folds and valves to retard the too rapid transit of the food, and thus enable the absorbent vessels to take up its nourishing properties.

#### PROCESS OF DIGESTION.

The first step in the process of digestion is that of *mastication*, which consists in a minute division of the food, and its reduction into a pulpy mass; this process is performed by means of the teeth, lips, muscles, and saliva. The muscular walls of the mouth during mastication are in constant action. The tongue presses the food in every direction; first under the teeth, where it is crushed; then against the cheeks, where it becomes mixed with the saliva as it is ejected into the mouth from the parotid and other glands, when it is again thrown back under the teeth by means of the buccinator muscles, to undergo the same process of crushing until duly triturated. When sufficiently divided, it is collected together by means of the tip of the tongue, and placed upon its upper surface, and is now ready for the second stage—viz., *deglutition*, or *swallowing*; this is performed by the

tongue pressing the food against the roof of the mouth, and turning its tip upwards and backwards, at the same time depressing its base, thus forming for the morsel an inclined plane; this, with the assistance of the muscles of deglutition, tilts it into the pharynx. The mass is now directed towards the gullet by the contraction of the pharynx, and propelled along that tube by its own contractile power, till it arrives at the stomach, where it undergoes the third process of digestion—*chymification*. The food, when received into the stomach, comes in contact with the gastric juice; this extraordinary solvent penetrates in every direction the mass, dividing and subdividing its molecules until intimately mixed with the whole, and converting it into a soft, greyish substance called *chyme* (from the Greek, *χυμος*, juice). The chyme, so formed, is expelled from the stomach by the contraction of its muscular fibres, and forced into the *duodenum*, or first division of the small intestine; here another important change takes place, forming the fourth stage of digestion—viz., *chylification*. The chyme, on its arrival in the duodenum, is acted upon by the bile from the liver, and the juice from the pancreas: the result of this admixture is the separation of the chyle into two distinct elements; the one a milky-white fluid called *chyle*, which is taken up by a set of minute vessels (called lacteals), and carried into the general circulation to supply the system with nutriment; and the other, a yellowish bulky mass, consisting of the indigestible remains of the food, which passes along the remaining

portion of the small intestines, empties itself into the large intestines, and leaves the system as excrementitious matter. The progress of the food along the small intestines is retarded by the puckerings and valves of the mucous membrane, which may not inaptly be compared to the windings of a meandering stream, which fertilises the soil through which it passes. These obstacles favour the long-continued presence of the aliment within its cavity, so that the chyle expressed from the excrementitious matter by the action of the intestine, may present itself to the mouths of the lacteals, by which it is to be absorbed.

Thus we see that the function of the small intestines is to separate the nutritious matter from the feculent, and to convey the latter into the colon: as it passes along, and the nutritive properties of the food having been absorbed into the circulation, the residue is urged forward until it reaches the rectum, where it accumulates into a bulky mass, acquires the peculiar factor which distinguishes the fæces, and creates that sense of uneasiness which, sooner or later, necessitates its evacuation.



## PART I.

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### GENERAL TREATMENT—HYGIENE.

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BEFORE I enter upon the consideration of the *medicinal* resources contributed by homœopathic science, for the treatment of the many forms of disease to which this Treatise is devoted, I venture to call the reader's attention to some of the most important remedial, or preventive means, which occur to us either in the absence of medicine, or as its essential adjunct.

A new era in medical knowledge has, in the advancement of *art*, carried us somewhat back upon the reconsideration of the resources of *nature*. We know that the reasonable exertion of the physical powers of the frame, the free inhalation of the atmosphere, whose constituents sustain the vitality of the organic tissues, and a proper proportion of exposure to the stimulating agency of light upon the surface, are essential to the preservation of health. We also know that when health has become impaired, either by the insufficiency of one or more of these preservatives, a gradual return to the natural condition tends to restore the functions of organs thus impaired.

I therefore impress upon those who suffer from complaints affecting the functions of digestion, that *Air*, *Light*, and *Exercise* are of great importance in the category of remedial agents.

To these I would add another important, and, indeed, indispensable stimulus to life and health—namely, the quality and quantity of *food*, and the frequency with which it should be taken.

#### AIR, LIGHT, AND EXERCISE.

First, therefore, let me explain in what way the first three of the remedial agents I have named, may be brought to contribute to the restoration of disordered digestion.

No portion of the system more readily exhibits a disordered condition, even when it is not the primary seat of complaint, than the several organs concerned in carrying on the functions of nutriment. The reason for this is obvious; for no organs are so constantly called into play as the stomach and intestines. Moreover, insomuch as the great and continual effort of the nervous energy is directed to supply and sustain the organic structures by means of nutrition, and as the necessary recurrence of this process is very frequent, any cause not directly acting upon the organs of digestion themselves, which serves to abstract and divert the effectual supply of nervous energy from these offices, is, more or less, immediately productive of disturbance in these very functions: so, if a man exert the intellectual faculties to

excess, the vigour of the nervous power is diverted from the functions of digestion, and, perhaps, the first consequence which he may feel will be a derangement in these functions.

There is also one other sphere of sympathies to which I must allude, as being particularly connected with healthy digestion—namely, the functions of the skin.

Now the skin is peculiarly subject to be influenced by external agencies. Light, air, cleanliness, and exercise, are all essentially necessary to the fulfilment of its offices. The tone of the extreme vessels and nerves promptly reacts upon the vigour of the organs of life. If these be languid, or morbidly irritable, the nervous energy is promptly affected, and the processes of absorption and exhalation, which are so essential to life and health, proportionally languish.

In the majority of cases, the first sensible mischief resulting from errors of habit will be perceived in the disturbance of the functions of digestion.

It is not my purpose, however, here to do more than merely to offer suggestions on these subjects, which may prove of practical utility; wherefore I will at once proceed with a few brief regulations, which those who require reference to a work of this nature would do well to observe.

1. *Air and Ventilation.* — The inhabitants of crowded towns, or those whose avocations necessarily confine them in close apartments, should, if possible, obviate the mischief incidental to such circumstances,

by devoting such time as they can spare to exercise. In cases of an obstinate character, it is often essential that the occupation which involves such confinement should, for a time, be abandoned, or pursued for a more limited period. The dwelling-house, or apartments, should be thrown open to a free current of air upon every possible occasion during the day; and the sleeping apartment should barely ever be closed so long as it is untenanted. In wet or cold weather, the precaution of keeping fires burning will not only conduce to obviate mischief from the state of the atmosphere, but will, at the same time, serve to assist in ventilating the apartment.

2. *Light*.—Next to the importance of pure air, is the proper access of light. Neither animal nor vegetable existence can continue, for any length of time, unimpaired, in exclusion from light. Without being aware of the essential properties possessed by light, and its important agency upon the system, no one can be unconscious of the exhilarating effect of a bright, or keen, frosty day, as compared with a dull, humid, and gloomy state of weather.

3. *Exercise*.—The salutary effect of daily exercise is well known to all who have suffered from any of the disorders embraced in this treatise. But it is, at the same time, important to distinguish the method and measure in which it is sought. Some confirmed dyspeptics are incapable of *active* exercise, or can undergo muscular exertion only to a limited extent. Others are more liable to be injured than benefited by *passive*

exercise. As a general rule, walking exercise in the open air is the most salutary: the degree of exertion and duration must, however, be accommodated to the strength of the patient, and the particular features of his disorder.

In cases in which there is a predominant nervous irritability and exhaustion, when the patient is apt to be excited to an excessive degree of tension and exertion, it were as well to *begin* with passive exercise, and proceed, by degrees, to an increase of muscular exertion; whilst those cases which are more particularly characterised by languor, and disinclination to exertion of any kind, are preferably treated by means of *active* exercise.

Again, for those who suffer from hæmorrhoids, *passive* motion is *injurious*; and whilst sedentary habits often operate as the chief exciting cause of the mischief, and are even to be looked upon as tending to aggravate the disorder, it must be borne in mind, that sudden and extreme exertion is apt to be equally prejudicial by promoting and sustaining the irritation of the parts. In these cases, we should proceed step by step, beginning with gentle walking exercise for a limited time. I should recommend the patient, in these cases, to take a short walk three times in the day, beginning with a distance of about a mile, and gradually extending it to three. No occupation should be allowed to interfere with the regularity of this relaxation; for, although some inconvenience be occasioned by this interruption at first, it will end in a

great economy of time and health; consequently, also, of vigour to pursue the calling with which it seems to interfere. I need hardly remind men of business that all derangements of digestion which have assumed a chronic character are prone to go on, becoming aggravated as age advances, even without the continued exposure to the originally exciting causes to which they are to be attributed, and that the unremitted continuance of those habits of close application, confinement, and want of proper muscular exercise, may effectually bar a cure before they become so confirmed by the infirmity of declining years, as to render the hope of perfect cure very doubtful.

*Time of Rest after Meals.*—As a general rule, I should recommend a state of rest for about two hours after dinner; three-quarters of an hour to an hour after breakfast or tea. For those whose cases are of a severe nature, and who suffer after every meal, however light and digestible, I should recommend the semi-recumbent posture be retained during the period of rest.

As to the time of rest after meals, I have above stated a general rule only. Very much, however, depends upon the nature of the food of which the patient has partaken: and for those who have opportunities of observing regulations of this kind more minutely, I will endeavour to distinguish between different kinds of food, and to classify them according to the relative time required for digestion in the stomach, in the remarks which I shall have occasion to make on the important question of diet.

## GENERAL HABITS.

Few things are of more consequence to those who are subject to attacks of disordered digestion in any shape than regularity of habits, early rising, the recurrence of meals at stated intervals, the avoidance of late hours, and undue excitement.

Whatever deranges any organic function, disturbs the equipoise of the nervous energy, and even arrests the process of nutrition. Wherefore it is obvious, that the avoidance of exciting, stimulating, or vexatious passions, or depressing emotions, is as essential to the effectual cure of confirmed dyspeptics, as the due observance of dietetic regulations.

When the mind is active and vigorous, and properly exercised in all its departments, the nervous influence which the brain produces is not only more abundant, but of a more healthy and invigorating quality. Hence the well-known restorative influence of cheerful dispositions; hence the depressing and morbid effects of care and grief on every organ of the body; hence, too, the weak digestion and sallow complexions of literary men, who so frequently suffer from transgressing this law of the animal economy.

The free use of ablution with cold water, either by plunging into a bath, the cold shower, or the dripping sheet, and, when dry, the free use of a coarse towel or horse-hair gloves, is a most salutary hygienic practice. The extreme vessels acquire tone, the circulation becomes more equable, the distribution of the

fluids which supply and sustain organic parts more perfect, the generation of heat more proportionable, and the exhausted viscera quickly sympathising in this altered condition of the surface, gains vigour from without; whilst it more effectually co-operates and returns the additional efficiency of its functional action from within. The skin, with all its complex apparatus of nervous, membranous, and glandular organism, fulfils its duty, and becomes the safety-valve of the entire system.

The remarkable advantages derivable from this superficial and supplementary course of treatment is strikingly observable in those varieties of mucous dyspepsia, especially with which morbid irritability or torpor of the liver becomes complicated.

Change of scene is often desirable in cases which appear to resist all other supplementary means; and particularly for such patients as are affected with depression of spirits, one of the most painful characteristic attendants upon confirmed dyspepsia.

### DIET.

It has been customary to lay down a particular table of articles which are proper for Diet while under homœopathic treatment, and to enumerate a series of articles which should, under all circumstances, be rejected.

With all due submission to my more experienced colleagues, I am bound to affirm, that one chief point to which I owe my conversion to Homœopathy, has been



the *invariable efficiency* of the *appropriate medicine*, even in *spite of all untoward circumstances as to diet*. I have more particularly noticed these gratifying results amongst the poor, who seek advice at our hospitals and dispensaries; whose circumstances have rendered the observance of dietetic rules impossible; whose food has been insufficient and unwholesome; and whose dwellings have been ill-ventilated and over-crowded.

One rule, however, it is desirable to observe, and that is, to avoid articles of food which possess distinctly *medicinal* properties, and are known to disagree with particular patients. Amongst this class I might enumerate the following:—

*Articles which sometimes disagree, and should then be avoided.*

FRUITS in season, whether raw or cooked.

MILK, and dishes prepared with milk.

EGGS, and dishes prepared with eggs.

ANIMAL FOOD of all kinds, *in some cases*.

MEAT BROTHS.

FARINACEOUS ARTICLES.

As a general rule, the articles mentioned in this list are wholesome, and may be eaten in moderation by persons afflicted with extreme delicacy of stomach.

RIPE FRUIT, in proper season, will be found to agree with most persons, but should be eaten in moderation (the husk, or rind, to be studiously rejected);

such as strawberries, raspberries, currants, grapes, apples, peaches, nectarines, oranges, and figs.

All oily fruits, such as nuts, olives, and the like, are objectionable.

Plums, uncooked, should rarely be eaten by persons of delicate digestion ; but when cooked or dried, they are not objectionable.

Dried fruits, in general, may be eaten in moderation, whether cooked or uncooked.

NEW MILK has been strongly objected to, as generally difficult of digestion. There are, nevertheless, exceptions to this rule, and cases in which new milk is preferable to skimmed milk, whether boiled or unboiled.

*Butter*, in general, would be objected to on the same ground as new milk. It is, nevertheless, to be remarked, that good *fresh farm butter* is rarely found to disagree.

All varieties of salt, preserved, or rancid butter, are clearly objectionable.

*Cheese* may be generally defined as improper for dyspeptics—not but what many persons who suffer severely from indigestion, after other articles of diet, can eat it with impunity : these last are, however, exceptions, and may be free to take advantage of the exception, if they have a strong preference for cheese.

EGGS, when they do not disagree with the particular patient under treatment, are wholesome, and easy of digestion, either as the ingredients of light-boiled puddings, or lightly boiled.

**ANIMAL FOOD.**—By this term I wish to limit its sense to dishes, consisting either wholly, or in part, of meat, fish, or fowl. For persons of delicate digestion, the leanest\* meat should be employed as diet—that only in small quantities, and not more than once a day—to be plainly roasted or boiled, without seasoning or sauces (except plain gravy).

*Broiled Meat* is of all the most wholesome, nutritious, and easy of digestion : such as the lean of a tender rump-steak, cut tolerably thick, and broiled over a quick fire from five to ten minutes ; the lean and pith of the loin of mutton cut into chops, stripped of all fat, &c., and broiled in the same way over a quick fire for from five to eight minutes.

*Plain Roasted Meat*, rather under-done, may be named as next to be preferred after broiled meat.

*Plain Boiled Meat* without salt (brine) or seasoning (such as the neck of mutton, with plain boiled vegetables), is next to be preferred after roasted meat.

*Baked Meat* should be avoided.

*The Fat of all Meat* should be rejected.

*All Greasy Meats*, or poultry (such as pork, duck, goose, and fatted turkey), are to be avoided.

*All Young or White Meats* (such as veal, lamb, pork, &c.), should be rejected.

*Salted or Preserved Meat* is injurious.

*Fish*, fried or boiled (such as soles, whiting, turbot, codfish, trout), is generally allowable in moderation,

\* I do not mean the meat from lean animals, but the *lean only*, of *well-fed* cattle.

and when not found to disagree with the particular patient under treatment. If *fried*, it should be cooked in a pan full\* of good boiling salad oil, over a quick fire; served perfectly dry and crisp, and *none of the browned* or exterior portion should be eaten, but only the *white flesh* within.

Salmon, herrings, mackerel, and other fish of an oily nature, are not so wholesome, and should be eaten, if at all, sparingly.

*Poultry*.—Amongst poultry, plain roasted young chicken, capon, lean turkey, guinea fowls, pigeons, &c., may be eaten by persons of the most delicate digestion.

*Game*, such as pheasant, partridge, hare, venison, &c.; and wild fowl, such as wood-pigeon, plover, and the like, if *fresh*, are nutritious, and easy of digestion, and are subject to the same particular regulations as meats and poultry.

Wild duck, grouse, blackcock, snipe, woodcock, &c., are to be avoided.

FARINACEOUS ARTICLES, such as wheaten flour, maize flour (known as polinta), tapioca, sago, semolina, prepared Embden groats, prepared farinaceous foods, Bermuda arrowroot, lentil powder, oatmeal, and the like, either in the form of porridges, or light puddings, are to be recommended, except in cases where they may be found to disagree.

*Vegetables*.—The majority of vegetables which do

\* I mean so that the fish floats in the oil or grease.

not possess some decidedly medicinal, aromatic principle (as is the case with herbs, eschalots, garlic, onions, capsicums), when plainly boiled, constitute the most wholesome description of food.

*Table indicating the Period of Rest after Eating.*

The subjoined table exhibits only a general classification, and is understood to be applicable to persons of very feeble digestion, and who always suffer after eating; but to those who prefer exercise to rest, a walk, about half an hour to an hour after eating, will, in general, be found useful in promoting digestion, and in relieving languor or drowsiness.

*Raw Ripe Fruits* require little absolute rest; but if the patient be recovering from an acute attack, a period of half an hour's rest is recommended.

*Cooked Fruits* require a period of about an hour.

*Milk*, and dishes prepared with milk, require two hours.

*Eggs*, if plainly boiled (not more than three minutes), require an hour.

„ dishes prepared with eggs, such as plain puddings, custards, &c., a period of about an hour and a-half.

ANIMAL FOOD.—*Broiled Meat*, a period of about two hours,

„ *Roasted Meat*, a period of about two hours and a-half.

ANIMAL FOOD.—*Boiled Meat*, a period of about three hours.

„ *Fried Fish*, a period of about an hour and a-half.

„ *Boiled Fish*, a period of about two hours.

„ *Roasted Fowl*, a period of about three hours.

„ *Boiled Fowl*, a period of about three hours.

„ *Game*, a period of about an hour and a-half.

„ *Meat Broths*, a period of about an hour and a-half.

„ *Other Soups* (objectionable), a period of about four hours.

*Farinaceous Articles* (such as those above enumerated), require a period of about an hour.

*Vegetables* (such as those especially recommended), require a period of about an hour and a-half.

#### *Way in which the Food should be Eaten.*

Next in importance to the nature and quantity of the food, is the manner in which the patient partakes of meals.

The appetite should be trained to return at stated periods by punctuality of meal-hours.

The patient should come to meals calmly, without

being excited; should eat slowly, and masticate the food well.

The food should be eaten, and the meal quite completed, before the patient drinks; indeed, the better way of all, is to eat the principal meal of the day without drinking at all; neither should the patient drink before the meal—a common habit with many.

The food should never be eaten or drunk at what is popularly termed "*piping heat*." Nothing is more prejudicial than the habit of eating the food so hot that it almost scalds the throat.

#### BEVERAGES.

With respect to beverages, I would simply state, that the most innocent, if not the most useful of all, is good, pure, filtered water; the temperature of which should, in some cases, be proportionate to the temperature of the body, and to the susceptibility to sensation of heat or cold.

#### *Stimulating Beverages.*

I need hardly repeat the general rule, that all stimulating beverages are more or less injurious; but I may appropriately add, that the sudden and total discontinuance of their use by persons who have been long accustomed to them, is likely to prove as detrimental as the permanent continuance of the practice to which I allude. It is a well-known physiological fact, that poisons (and all artificial stimulants are poisons) may continue to sustain a spurious vital energy, and

apparent functional vigour, until they are withheld—that until such a moment, they will rarely develop *apparent* symptoms of poisoning (unless taken to great excess);—but that the moment the customary dose *ceases to be taken*, the whole mischief is revealed, and *actual symptoms of poisoning appear*.

This is a catastrophe to be especially dreaded in dealing with dyspeptics, who have been habitual or hard drinkers; and it is particularly with your robust-looking, full-habited subjects, who induce acute or chronic gastritis by excesses of this kind, that great caution is to be observed in *gradually and insensibly reducing the quantity and intensity of the habitual stimulants*, till at last they may safely be trusted to water only.

To these beverages must also be added the deleterious and popular decoctions of tea and coffee.

An habitual tea-drinker is, no doubt, as difficult of cure as an habitual gin-drinker; and it may not be absolutely necessary to dispose of this beverage altogether. Those who have been in the habit of drinking tea from infancy, may even be allowed to adhere to the habit in moderation, provided the *strength* of the decoction be reduced.

*Green Tea*, in every shape, is objectionable, both on its own account, as well as in consequence of spurious admixtures.

*Weak Black Tea* may be tolerated, not only without risk, but often with advantage when it has been constantly used.



## PART II.

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### DYSPEPSIA—INDIGESTION.

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#### PRELIMINARY REMARKS.

By the term Dyspepsia, which is synonymous with Indigestion, we understand imperfect, laborious, or painful digestion—any derangement, in fact, of that function by which the food taken into the stomach is converted into chyle. When we consider the complexity of this function, we shall feel no surprise at the so-frequent occurrence of this disease. The stomach has not merely to receive and retain for a certain time the aliment which enters it, and then to expel it by a simple propulsive action—it has further to keep this aliment, by a sort of churning motion, in a constant state of agitation, whereby the food becomes subjected to a peculiar chemical process, the chief and active agent in which is a certain fluid secreted from the inner surface of that organ, called the gastric juice.

From this view of the digestive process, it will appear, at once, how very liable the stomach must be to functional derangement. Besides the complex

nature of the process of digestion, there are other reasons why the stomach should be the seat of many disturbances. In the first place, we know the stomach to be abundantly supplied with blood, which is required for its secreting function, and which renders it liable to suffer from the opposite states of plethora and debility. There exists, also, another cause of disturbance, which is still more extensive in its operation—namely, its close sympathy with other organs. For this it is indebted, no doubt, to the great supply of nerves which it receives from the brain, spinal marrow, and ganglionic system. When other organs are disturbed, the stomach is so frequently found to become affected, that, not without some show of reason, some have supposed it to be the prime mover of every disease to which man is liable. The increasing prevalence of affections of the gastric organ in the present time, whilst the quality of our diet is not more irritating to the stomach than that of our forefathers, forces us to seek the origin of such affections in parts of the system on which modern habits exert a more direct influence—namely, the nervous system, which throughout the several classes of society is unceasingly perturbed, and, as it were, paralysed, by the enervating luxuries, the intellectual toil, the commercial anxieties, ardent efforts, and struggles of men, who procure a subsistence solely by the laborious and intensely strained exercise of their inventive faculties. Hence it would appear, that he who, in investigating the causes of the frequency of gastric ailments, should

not look beyond excesses, or mere errors of diet, would take but a very contracted view indeed. So admirably organised is the stomach, so capable is it of accommodating itself to all the pernicious usage which, in the selection of food, it receives from the necessities, the vices, or the caprices of mankind, that were there no other source of derangement, the organ would perform its function with very little impairment. The insensibility of the stomach, whereby it tolerates the presence of substances such as no other organ, undefended by skin, could endure, is well known. The means by which this organ is enabled to escape injury to its structure, when scalding liquids, acrid medicinal substances, and even mechanical irritants are received into it, is, probably, the abundant secretion of mucus, and the capability which its mucous membrane possesses of accommodating itself to varying quantities of blood.

SUB-ACUTE GASTRITIS—SUB-ACUTE INFLAMMATION OF  
THE STOMACH.

**SYMPTOMS.**—The symptoms ordinarily accompanying this form of stomach derangement, are—a repugnance to food; a feeling of weight; fulness and pain in the epigastrium—increased by pressure, or by drawing a deep inspiration. The pain appears immediately on taking food; and is invariably attended by nausea, vomiting, and the expulsion of large quantities of either bitter, acid, or acrid fluids, which some-

times causes an unpleasant irritation in the throat and fauces. The tongue is red at the tip and edges, furred in the centre, and sometimes unnaturally red over its entire surface. The bowels are irregular; sometimes costive; at other times relaxed: when costive, the stools are dry and hard. The pulse is sharp and quick; the urine high-coloured; and the disease is frequently accompanied by a dry, teasing cough.

CAUSES.—The abuse of purgatives; constipation; irregularity as to the hours for meals; and the use of food or drink of a heavy, indigestible, fat, sour, or flatulent nature, may be set down as the chief causes of this complaint.

TREATMENT.—The chief remedies to be selected for the treatment of sub-acute gastritis, are *Acon.*, *Ant. crud.*, *Ars.*, *Bell.*, *Bryon.*, *Ipecac.*, *Merc. sol.*, *Nux vom.*, and *Verat. alb.*

*Aconite* should invariably be selected when there is fever and thirst present, with a heavy weight in the epigastrium, difficult respiration, and a feeling of constriction in the stomach, with nausea, or vomiting of bilious matter and ropy mucus.

DOSE.—One drop of the tincture every three hours, till relieved.

*Ant. crud.* is indicated when the tongue is coated with a white or yellow mucus; loss of appetite; vomiting of acrid fluid, bile, or mucus, with regurgitation of half-digested food; and when there is a crampy, spasmodic pain in the region of the stomach.

This remedy may be advantageously administered in the early stage of the disease, particularly if caused by overloading the stomach.

**DOSE.**—One drop every three hours.

*Ars. a.* may be administered in alternation with *Acon.*, when the disease has been caused by drinking cold water, or eating ice when heated; and if the patient suffers from prostration of the vital powers, with pale hippocratic face; an aversion to food; nausea, and vomiting of food, bile, and flaky mucus, with griping pain and tension in the epigastric region—increased on pressure.

**DOSE.**—One drop of the 3rd dilution, either alone or in alternation with *Acon.*, every three hours, or even oftener.

*Bell.* is chiefly indicated whenever cerebral symptoms set in, such as dulness, loss of consciousness, or delirium.

**DOSE.**—One drop every four hours, either alone, or in alternation with the remedy selected to combat with the gastric symptoms.

*Bryon.*—When there is dryness of mouth, burning thirst, tongue white or brownish; desire for acids; morbid desire for food, or total aversion to same; vomiting of food, drink, and viscid mucus; incisive pain in stomach (increased on pressure), with general rigors.

**DOSE.**—One drop of the 3rd dilution every three or four hours, according to the urgency of the symptoms.

*Merc. sol.* is indicated when there is pressive pain in right lobe of the liver, preventing the patient from lying on the same side; with bitter, sour, or rancid taste in mouth and throat; frequent eructations and vomiting of bile; a jaundiced appearance of eyes and skin, with a sharp, constrictive pain in the stomach.

Dose.—One grain every four hours.

*Nux vom.*—If there is a throbbing pain in the stomach; a sour, bitter taste in the mouth, with nausea and vomiting; constant thirst; highly-coloured urine, and frontal headache, particularly over one or both eyebrows. This medicine is well suited in cases which occur as a consequence of partaking of indigestible food, cold drinks, or ice, when heated; particularly when *Acon.*, *Bryon.*, or *Ars.* have proved insufficient to subdue the malady.

Dose.—One drop every three or four hours.

*Ipecac.*—When the tongue is furred with a white or yellow coating; insipid, clammy taste; vomiting of undigested food, or bilious fluid. It is frequently of use at the onset of the complaint.

Dose.—One drop every two or three hours.

*Veratrum.*—When the following symptoms are present:—Coldness of the extremities; sudden prostration of the vital powers; pale face; craving for cold drinks; thirst, violent nausea, and retching, ex-

hausting the patient even to syncope, which is preceded by general coldness and shivering of the whole frame.

**DOSE.**—One drop of the 3rd dilution every two or three hours.

**DIET.**—In the acute form of gastritis, everything of a solid nature taken into the stomach is immediately rejected; consequently cold water or barley-water is all that the patient should be allowed, and these in small quantities—a dessert-spoonful at a time. When the more violent symptoms have subsided, small quantities of rice-water may be administered; or a weak solution of arrowroot or sago may be substituted, if more palatable to the patient. This may be followed by chicken-broth, mutton-broth, or beef-tea, in such quantities, and at such periods, as may be considered suitable to the condition of the patient. After this, food of a more solid nature should be selected, but taken with great caution, such as boiled chicken, fish, or chop, with lightly-made farinaceous puddings, without eggs or butter.

#### CHRONIC INDIGESTION OF THE STOMACH.

Having taken a rapid sketch of the symptoms, causes, and treatment of the acute form of gastric indigestion, we next proceed to deal with the same complaint in its chronic form. This malady, one of the most prevalent in the great catalogue of diseases, which affects the various grades of society, demands

special consideration on the part of the homœopathic practitioner, inasmuch as no monograph has as yet appeared from the homœopathic school on that interesting and important subject. But as the practical and successful treatment of this affection is of far more importance, just now, than the subtle and minute consideration of the precise pathological state of the stomach, on which the symptoms presenting themselves may depend, I intend to take but little notice of the minute divisions which may have been given of indigestion; and confine myself simply to the two main divisions—namely, stomach indigestion, or imperfect *chymification*; and duodenal indigestion, or imperfect *chylification*.

**SYMPTOMS.**—*First Stage.*—The symptoms referable to *imperfect chymification* are those which first indicate the approach of indigestion, and frequently recur at intervals, for a considerable period, without causing constitutional disturbance, or even local distress sufficient to awaken the alarm of the patient. In order clearly to understand the symptoms characterising the early stages of indigestion, be it remembered, that the living principle of our organs possesses the power of preventing the chemical changes to which their contents would, under other circumstances, be exposed. The blood does not coagulate in the vessels which contain it; the urine does not suffer decomposition in the bladder whilst it is healthy; neither does the food undergo fermentation in the stomach, unless that organ be in a



state of disease ; but if its vital powers fail, the chemical affinities gain the mastery, and various morbid symptoms appear, which point out the change which has been produced—such as a feeling of weight, uneasiness, and distension in the region of the stomach ; loss of appetite, or loathing of food ; heartburn ; putrid eructations, particularly after a full meal of rich and highly-seasoned dishes ; acidity and nausea, arising, no doubt, from an effort of the stomach to rid itself of that which it is unable to digest ; a feeling of chilliness, and a general sense of lassitude arising from the sympathy produced upon the nervous and sanguiferous systems ; the eyes look languid ; the tongue is flabby, paler than usual, coated with a slimy deposit, and frequently indented with the teeth ; the bowels become irregular, sometimes costive, at other times relaxed ; the face is pale, and the extremities cold.

*Second Stage.*—Various are the aspects which this disease assumes, each distinguished by its respective group of symptoms. From simple stomach derangement, which characterises the first stage, the patient now complains of pain in the stomach, which is at times relieved on taking food ; a violent throbbing in the stomach ; thirst, flatulence, with vomiting of rancid acrid fluid, and gas ; the bowels become irregular ; the evacuations scanty, and offensive, containing at times fragments of undigested food ; the perspiration is copious and fetid ; the mouth clammy ; the tongue loaded and furred ; the patient complains of giddiness, apathy, a defective memory, and lowness of spirits.

*Third Stage.*—In what we shall here call the third stage, the pain in the stomach occurs immediately on taking food; but when the right, or *pyloric* extremity is the seat of mischief, the pain declares itself about two hours after a meal; the vomiting is more frequent; the cheeks become flushed; the pulse accelerated; and the skin becomes parched during the process of digestion. A short, dry, hacking cough comes on, and continues till vomiting takes place; emaciation now sets in, with increased tenderness in the epigastric region.

*Fourth Stage.*—As the disease advances, a new group of symptoms, of a more intractable and alarming kind, develop themselves: the pain in the stomach is now *lancinating*; its mucous membrane becomes thickened; its “pyloric” right extremity will be observed to be the seat of an oblong tumour, which becomes more perceptible as emaciation increases; food even of the blandest nature, taken into the stomach, is almost immediately rejected; the pulse becomes rapid; and the skin dry.

This form of dyspepsia generally terminates in scirrhus, characterised by a waxen appearance of the skin, increased emaciation, and vomiting of dark fluid like coffee-grounds.

**CAUSES.**—The causes of indigestion are exceedingly numerous, and may be set down under two heads—namely, the *predisposing* and *exciting*.

A predisposition to this complaint is sometimes hereditary, and generally met with in persons of a

relaxed fibre and nervous temperament; in those who lead a sedentary life, whether from indolence or necessity, &c. Among the *exciting* causes, may be enumerated, the injudicious use of various narcotics, ardent spirits, ammonia, spirits of lavender, shell-fish, highly-seasoned dishes, unripe fruit or vegetables, the frequent use of calomel, and drastic purgatives. In addition to these, may be enumerated, irregularity in the periods of taking meals; long fasting; too hasty and imperfect a mastication; the various passions of the mind, such as fits of rage, jealousy, grief, joy, &c. In fact, whatever tends to disturb and lower the nervous system, lowers and renders weak the constitutional powers, and exercises a corresponding influence on the organs of digestion.

## DUODENAL INDIGESTION.

REMARKS.—The important office which this viscus performs in the process of digestion—chylification—has induced many to look upon it as a second stomach; and it is very probable that a vitiated condition of this organ gives rise to various symptoms indicative of indigestion, warranting the appellation of *duodenal dyspepsia*. That it is subject to serious derangements there cannot be a doubt; and, from its close proximity to the liver, stomach, gall-ducts, pancreas, and transverse portion of the colon, coupled with the well-known sympathy which exists between these organs, it is a matter of importance to become

thoroughly familiar with those characteristic features, or pathological conditions, so as to distinguish a disordered state of the duodenum from a diseased condition of either of the neighbouring organs.

This disease may be *acute* or *chronic*.

**SYMPTOMS.**—In the acute form, the symptoms commence about two or three hours after a meal, by chilliness, fever, and thirst; by nausea and vomiting; by a dull, aching pain in the right epigastric region; a deep-seated pain along the course of the gut, which is increased on pressure; a loaded and furred tongue, the edges and tip being red, and papillæ prominent. By an ever-varying appetite, sometimes impaired, at other times craving; by an irregular condition of the bowels, with unhealthy evacuations—an irritable or torpid condition of the former; a relaxed, crude, and offensive consistence of the latter; and by a parched condition of the skin.

*The chronic form* is distinguished by an unimpaired, irregular, or ravenous appetite; a torpid condition of the bowels; a deficiency in the excretion of bile, rendering the stools of a light-grayish colour; by a languid and drowsy feeling; a copious secretion of urine, highly charged with sedimentitious matter; a feeling of fulness in the right region of the stomach, with distension in the part occupied by the duodenum. As the disease advances step by step, a train of painful and hypochondriacal sensations torment the patient. The spirits, which were once light and buoyant, now become moody and dejected; the mind, which could

once conceive and grasp the most lofty ideas, now becomes morose, peevish, and fanciful: in a word, a succession of morbid phenomena takes possession and enslaves the mind. The patient's ideas become concentrated on himself; he conceives all kinds of evils, and looks forward to a daily dissolution. One day he fancies the heart to be at fault; another, the head; a third day, the bowels or liver; he frequently places his hand over the duodenum, and presses the part; he has recourse to all kinds of opinions, and all kinds of nostrums;—to-day he consults the fashionable physician; to-morrow, the ignorant and designing quack.

**TREATMENT.**—The principal remedies to be selected to combat with the various forms and concomitant symptoms of disordered digestion, are *Nux vom.*, *Cham.*, *Lach.*, *Sulph.*, *Puls.*, *Calc. c.*, *Ipecac.*, *Bryon.*, *Ignat.*

*Nux vom.*—If the disease has been produced by alcoholic drinks, a sedentary life, intense study in persons of an impaired constitution and bilious temperament, troubled with nausea, heartburn, frequent accumulation of water in the mouth, with a bitter or foul taste; pain in the stomach; constipation, with frequent inclination to go to stool; dulness of the head, or a sharp piercing pain over one or both eyebrows, as if a nail were being driven into the brain.

**Dose.**—One drop every four hours.

*Chamomilla.*—If the mouth feels foul, bitter, or

slimy, with loss of appetite, empty eructations, and regurgitation of food; distressing nausea; flatulent distension after eating; agonising pressure in the stomach, with sharp stitches in same region; sallow complexion; yellow coating on the tongue, with dry and foul taste in the mouth.

Dose.—One drop every four hours.

*Lachesis* will be found useful when there has been habitual drunkenness, and the disease aggravated by sudden emotions; depression of spirits; vexation; unfitness for all exertion, mentally or bodily; pressure in the head; eyes yellow; face pale and wan; tongue furrowed, red, and shining; appetite irregular, with acid or metallic taste in the mouth; general weakness of the stomach; aversion to bread; flatulence; eructation; dyspnoea; pain in stomach; constipation, or hard difficult stools.

Dose.—One drop three times a day.

*Pulsatilla* is particularly suited for persons of a mild, lymphatic temperament, suffering from the following symptoms:—bad smell from the mouth; tongue covered with tenacious mucus; bitter, pungent taste, or of foul flesh; water-brash; vomiting of bile, sour or saltish fluid; nausea while eating, with eructations tasting of the food just swallowed, or of rancid tallow. This medicine has a marked effect on such symptoms when caused by partaking of pork, duck, or goose.

Dose.—One drop every three or four hours.

*Calc. c.*—There is one form of stomach derangement to which this medicine is particularly suited: it will be found among young girls of a scrofulous and debilitated constitution, who manifest a total indifference to food; a complete atony of the mucous membrane of the stomach; depression of spirits; loss of flesh, and general debility; who suffer from a slimy, insipid taste in the mouth; water-brash, or acrid rising from the stomach, of an alkaline character; with pressure and burning at the stomach; and vomiting of food.

Dose.—One drop three times a day.

*Ipecacuanha* is as powerful an antidote against that form of indigestion arising from the use and abuse of tobacco, as *Nux vomica* is against that form produced by the abuse of alcoholic drinks. It is admirably suited when the smoker begins to loathe his weed as well as his food, and is troubled with qualmsiness, nausea, eructation of limpid fluid, and vomiting, with frequent, fermented, loose stools.

Dose.—One drop every four hours.

*Bryonia* is best suited for persons of a nervous or bilious temperament, subject to sudden changes of temperature; when there is a feeling of oppression in the stomach after eating; impaired appetite; bad taste, or absence of taste in the mouth; nausea, retching; vomiting of mucus, and spitting up of the food.

Dose.—One drop every four hours.

*Ignatia* is best suited for persons of a nervous, sensitive temperament, when the cause can be traced to protracted grief or disappointment, with a flat, chalky, or sour taste; a loathing of food; musty eructations; hiccough after eating; nausea, with anxiety and uneasiness in the stomach; a craving of hunger, with stitching pains in stomach, and burning in the region of the spleen.

DOSE.—One drop every four hours.

*Sulphur* is well suited for chronic indigestion, when the food sits heavily upon the stomach; a clammy or sour taste in the mouth, with yellow coating on the tongue; heartburn; pressure in the left region of the liver; sickness; a chilly feeling, extending from the back to the abdomen; with pulse quick, hard, and full.

DOSE.—One drop three times a day.

*Argent. nitratis* is another admirable remedy for chronic indigestion, particularly when the disease approaches its latter stage, coupled, as it generally is, not only with those distressing symptoms already recorded, but with a painful form of hypochondriasis as well.

The chief indications for this medicament are—a bitter, astringent, chalky taste, accompanied by eructations, and vomiting of glassy mucus; griping and burning pain in stomach, with internal chilliness; frequent yawning, with a feeling as if the stomach would burst; wind presses upwards, but the œsopha-



gus feels spasmodically closed, as if strangulated—hence a difficulty to eructate; fainting kind of nausea; flow of water in the mouth, and inability to stir; palpitation of the heart; a troublesome feeling of pain in the stomach—relieved on pressure; with sour vomiting, and a sharp cutting pain in stomach, which threatens to pass into cancer.

• Dose.—One drop three times a day.

Further indications for the selection of remedies in the various forms and symptoms of indigestion, may be found by consulting the following tabular arrangement:—

1.—*Indigestion arising from Animal Food, will require—*

If from Fat, or Rich Gravies—*Puls.*, or *Sulph.*  
 „ „ Pork—*Puls.*, or *Carbo veg.*  
 „ „ Salt Meats—*Ars.*, or *Carbo veg.*  
 „ „ Veal, and its preparations—*Calc. c.*, or  
*Ipecac.*

2.—*Indigestion arising from Fish, will require—*  
*Carbo an.*

If from Shell-Fish—*Puls.*, *Carbo veg.*, or *Chin.*

3.—*Indigestion arising from the ill-effects of Alcoholic Drinks, will require—*

If from Beer—*Ars.*, *Nux vom.*, or *Puls.*  
 „ „ Brandy and Spirits in general—*Nux v.*,  
*Ars.*, *Carbo v.*  
 „ „ Wine—*Ars.*, *Coff.*, or *Nux vom.*

4.—*Indigestion arising from the ill-effects of Beverages, will require—*

If from Cocoa or Chocolate—*Bryon.*, or *Sulph.*

„ „ Coffee—*Cham.*, *Ignat.*, *Puls.*, or *Nux vom.*

„ „ Ice-water—*Ars.*, *Carb. veg.*, or *Puls.*

„ „ Milk—*Ars.*, *Bryon.*, *Calc. c.*, or *Nux vom.*

„ „ Tea—*Ars.*, *Coff.*, or *Lachesis.*

5.—*Indigestion arising from the ill-effects of various preparations of Food, &c., will require—*

If from Bread—*Bryon.*, *Merc. s.*, or *Puls.*

„ „ Eggs—*Puls.*

„ „ Onions—*Thuja.*

„ „ Pastry—*Bryon.*, *Puls.*, or *Sulph.*

„ „ Pepper—*Ars.*, or *Nux vom.*

„ „ Potatoes—*Alum.*

6.—*Indigestion arising from mental causes, will require—*

If from a Sedentary Life—*Bryon.*, *Calc. c.*, *Nux v.*,  
or *Puls.*

„ „ Grief or Anger—*Bryon.*, *Cham.*, or *Nux v.*

„ „ Prolonged Watching, or Excessive Study—  
*Arnica*, *Lach.*, *Nux vom.*, or *Sulph.*

It is very necessary, when treating diseases on the homœopathic principle, that the peculiar temperament of each individual should be carefully studied; for it will generally be found that a medicine, however

well selected, will fail in its effects if there does not exist an affinity, or homœopathicity, between the remedy and the peculiar temperament of the patient: hence the following tabular arrangement:—

- 1.—For the Sanguine Temperament, select *Acon.*,  
*Bry.*, *Bell.*, *Cham.*, or *Nux vom.*
2.    ,,    ,, Biliious—*Bry.*, *Nux vom.*, *Ars.*, or  
*Sulph.*
3.    ,,    ,, Nervous—*Coffea*, *Ignat.*, *Nux v.*, or  
*Puls.*
4.    ,,    ,, Lymphatic—*Ant. c.*, *Ars.*, *Calc. c.*, or  
*Puls.*
5.    ,,    ,, Melancholic—*Aur.*, *Ars.*, *Nux.*, or *Ipec.*

PYROSIS—WATER-BRASH, OR BLACKWATER.

DEFINITION.—Pyrosis may be defined as a constrictive pain in the pit of the stomach, extending to the back, with bending of the body forwards, followed by eructations, without nausea or vomiting, of a large quantity of a thin, watery, and often insipid fluid, which affords no relief.

*Age.*—It appears most commonly in persons under middle age; but seldom before that of puberty.

*Sex.*—It affects both sexes; but is more frequently to be met in the female than in the male; and is apt to recur, in some constitutions, for a considerable time.

It is more prevalent in some countries than in others: is particularly rife in Scotland; and is supposed to arise from the quantity of oatmeal which our Gallic brethren are known to indulge in.

SYMPTOMS.—Pyrosis (according to Dr. Cullen, who is considered to have written the best description of the complaint) is generally ushered in by a pain in the pit of the stomach, with a feeling of constriction, as if the stomach were drawn towards the back. The pain is increased by standing erect, and diminished by bending the body forward. It is often very severe; and, after continuing for some time, is followed by an eructation, or gulping of a thin, watery, limpid fluid in considerable quantity. The fluid is generally insipid; but is sometimes more or less acid, particularly when the disease appears in conjunction with indigestion.

In some cases there is no pain at the pit of the stomach; and the only premonitory symptom present is merely a feeling of uneasiness in the same region, with a sense of coldness of the fluid ejected.

COMPLICATIONS.—Pyrosis may appear as a disease *sui generis*, or as a symptom of indigestion, constipation, and derangement of the liver.

DIAGNOSIS.—Pyrosis is frequently confounded with *cardialgia*—heartburn; but a careful study of the following tabular symptoms will enable most persons to distinguish the difference between the former and the latter:—

IN PYROSIS.

The symptoms appear in the absence of the usual derangements accompanying indigestion. The fluid ejected is clear, colourless, insipid in its nature, and abundant in quantity; free from fever, nausea, or retchings. It occurs at any period of the day, and chiefly when the stomach is empty.

IN HEARTBURN.

The eructation of fluid is scanty and acrid, producing a scalding sensation in the throat; it is always discoloured, furnishing indications of indigestible matter, and is usually observed during the progress of digestion.

*The nature of pyrosis has been much discussed by physicians and authors who have written on the subject. By some it has been viewed as a form of indigestion; by others, as a morbidly-increased secretion from the stomach, similar to an increased secretion of urine by the kidneys in diabetes; and by others, to a disease of the pancreas. But the most recent writer on the subject, Dr. Chambers, attributes that remarkable regurgitation of fluid to a morbid condition of the glands situated at the bottom of the œsophagus (gullet); and gives his reasons somewhat as follows:—*

In the first place, the fluid, when thrown up without much effort, is *alkaline*; and only when there is sufficient heaving to eject some of the contents of the stomach, does it present an *acid* reaction.

*Secondly.*—It exhibits, in the microscope, the same appearances as saliva: the resemblance of the œsophageal glands to the salivary glands is stated to be

very close, while the glands of the stomach are quite different.

*Thirdly.*—The probable *rationale* of its collection in the considerable amount which is thrown up in attacks of water-brash, is this: that from some preternatural irritation of the stomach—such as the persistence of food in it, the collection of mucus, or morbid sensitiveness of the nerves—the same salivary secretion in the gullet which ordinarily accompanies meals, continues afterwards, and is prevented from proceeding downwards, by an irritated constriction of the muscular tube. After a time it is ejected, and the result is attained by that easy reversed action which is observed in the œsophagus, as distinguished from the severe strain of emptying the stomach by vomiting: and hence we have the easy eructation of mild fluid constituting an attack of the complaint in question—water-brash.

**TREATMENT.**—The chief remedies I have hitherto found of service in pyrosis—that is, in that form of the complaint characterised by a painless and easy ejection of clear, tasteless, alkaline fluid—are *Alum.* and *Merc. sol.*

*Alum.*—When there is a flow of water from the mouth, having an alkaline reaction, with a sense of fulness, torpor, and oppression in the stomach, as if it did not act.

A Dose three times a day.

*Merc. sol.*—When the fluid ejected has a *sweetish*

taste; a whitish coating on the tongue, with occasional feelings of nausea, but no perceptible change in the appetite.

A Dose three times a day.

## CARDIALGIA—HEARTBURN.

Heartburn may be defined as an *acrid*, painful sensation of heat running up the œsophagus, from the pit of the stomach to the mouth, in a series of paroxysms.

Heartburn, or spasmodic pain in the œsophagus, must not be confounded with pain in the stomach, or in the abdomen, as the latter is a consequence of the immediate presence of that which excites it, and is invariably felt at the very seat of its cause: whereas, heartburn is a morbid sensation, conveyed by the nerves of the "gullet," and does not arise from anything in the tube, but from some disordered condition of the stomach itself.

THE SYMPTOMS of heartburn, as described by many patients, vary to a certain extent. In some, it consists only of a sensation like hot smoke rising in the throat, but bringing up nothing: this constitutes the "dry," and most common form of the complaint.

In others, it consists of *acid* or *acrid* eructations, which, at times, are so pungent as to cause the most unpleasant sensations in the mouth, pharynx, and gullet.

The matters ejected from the stomach—which are sometimes copious—are rancid, particularly after par-

taking of rich food; and there is an unpleasant gnawing, burning pain and tenderness in that organ, with distension of the abdomen, tightness, and oppression in the chest.

CAUSES.—Heartburn, although a disease of the œsophagus, nevertheless, does not, as a rule, spring from any morbid condition of that tube. Cancer, ulceration, or stricture may cause such an abnormal condition; but catarrh, mucous flux, simple distension, or atony of the stomach, seldom exist for any length of time without developing cardialgia; consequently, they may be set down as the most frequent causes.

When heartburn arises from the sour decay of food, or from distension of the stomach, it generally occurs from three to four hours after a meal, and often brings up acid matter in the eructations. When arising from catarrh, or mucous flux, it generally comes on in the morning, before the first meal, while the ejected fluid is insipid or alkaline.

TREATMENT.—*Acon.*, *Arg. nit.*, *Arnica*, *Ars. a.*, *Calc. c.*, *Ipecac*, *Merc. sol.*, *Nux vom.*, and *Sulph.*, is the chief group of medicines to be selected for the treatment of this complaint. The leading indications for each are here given.

*Acon.*—When the stomach feels spasmodically contracted, with hard pressure, as if from a stone; hard, aching pain, with belching of wind; nausea and rising of sweetish water to the mouth, with a burning sensation along the œsophagus.

A Dose every four hours.



*Arg. nit.*—In old-standing and obstinate cardialgia, with a burning, contractive rising from the pit of the stomach to the throat; a disposition to vomit; retching, and expulsion of water. Particularly suited to delicate females, when the affection arises from depressing causes, as night-watching, &c.

A Dose every four hours.

*Arnica.*—When the characteristic symptoms are, spasmodic twisting and digging pains in the epigastric region; foul and bitter taste in the mouth, with eructations of the same character; loss of appetite, with a qualmish feeling of repletion after eating. Particularly adapted to nervous or hysterical females.

A Dose three times a day.

*Ars.* is indispensable when the leading symptoms constitute a burning pain; soreness to pressure; spasmodic constriction; retching; oppressive anxiety; trembling; coldness of the extremities; expression of distress in the features; and small, frequent, irregular pulse.

A Dose every four hours.

*Calc. c.*—For pressure, and a burning sensation at the stomach, with vomiting of food.

A Dose every four hours.

*Ipecac.* is chiefly indicated for the spasmodic form of cardialgia, accompanied by a flat taste in the mouth; nausea and qualmishness; and emptiness about the stomach, with ejection of a watery fluid.

A Dose every four hours.

*Merc. sol.*—When there is a burning sensation in the stomach after taking the least quantity of food, as if an ulcer would form in that region.

A Dose every four hours.

*Nux vom.* seldom fails when there is a scraping sensation in the pharynx; a flow of saliva, with rising of sour and bitter fluid off the stomach; with pain and pressure in the stomach, as if a stone were lodged there.

A Dose three times a day.

*Sulph.*—When there is pressure in the umbilical region and left hypochondrium; a constrictive, burning pain in the stomach, and flow of water in the mouth.

A Dose every four hours.

#### GENERAL DIET AND REGIMEN IN DYSPEPSIA, ETC.

The medicinal treatment of indigestion, and its attendant evils, will avail but little unless combined with a carefully-selected diet, and a willing obedience, on the part of the patient, to carry out with assiduity the instructions laid down by his medical adviser.

Various considerations should likewise occupy the attention of the physician himself, in carefully selecting that class of food, and that class of beverage, best adapted to the various forms of stomach and liver derangements, and the various temperaments of the patients themselves committed to his care.

In these will consist—

*Firstly.*—The kinds and quality of the food.

*Secondly.*—The periods which should intervene between each meal.

*Thirdly.*—The quantity and quality of beverages.

(A) *The kind and quality of food, as adapted to different temperaments.*

By *temperament*, we mean the modification or influence that any one of the class of organs or humours of the body may exert when it predominates in the system. Thus we have—

1. *The sanguine temperament*, which may be known by the great activity of the circulation; with rather a full habit and florid complexion; blue eyes; red, auburn, or yellowish-red hair; great activity of mind and body; somewhat restless, and fond of change.—A diet, under such circumstances, should consist of food of a bland nature, such as soups, fish, rabbit, tripe, farinaceous puddings, mucilaginous vegetables, acidulous fruits, and diluting beverages, such as claret, a light Burgundy, or the Hungarian (Edenburg, with water.

2. *The bilious temperament* may be recognised by great firmness of the flesh; black hair; dark eyes; dark-yellowish appearance of the skin; a determined expression of the countenance, indicating firmness, and energy of character; violent and lasting ill-will when crossed; a strong pulse, of moderate frequency; not easily turned away from any undertaking.—A diet for such a temperament, particularly if the patient is

accustomed to take much active exercise in the open air, should consist of a full supply of animal food, and a moderate allowance of wine, such as those set down for the sanguine temperament, but in their undiluted form.

3. *The nervous temperament* may be distinguished by the predominant activity of the brain and entire nervous system; fine hair; thin skin; small muscular frame; rapid speech and walk; quick of decision, and somewhat changeable; head rather large in proportion to the rest of the body; hasty movements; quick of perception and judgment.—For such a temperament, the white meats, such as fowl, fish, rabbit, and tripe, with farinaceous and mucilaginous aliments, and ripe fruits, are the most appropriate.

4. *The lymphatic temperament* may be discriminated by a peculiar softness of the muscular system; inactive brain; slow movement; an abundance of fatty substance throughout the entire body; fair hair; pale skin; sluggish expression of the countenance; dull and inanimate expression of the eyes; eyes large and blue; quiet, and prone to indolent habits; circulation sluggish, &c. The diet best adapted for such temperaments should be generous, with a large proportion of animal food, a moderate amount of vegetables, and good generous wine, such as the Hungarian Carlowitz, &c.

In addition to these temperaments, which may be set down as *pure*, there are others to be met with, which are of a mixed character. Such as—

(a) *The melancholic*, possessing all the characteristics of the bilious, but with less activity of mind and body. They are generally of a grave disposition, suspicious, meditative, and wearing what is commonly called a *long face*.—These persons may be said to be of the melancholic temperament, and are constantly liable to derangement of the biliary system; constipation; a dry skin; and a slow, feeble, wiry pulse.

(b) *The nervous-sanguine*, which partakes of the character of the two.

(c) *The lymphatic-sanguine*, indicated by a robust constitution, sometimes termed *nutritive*, because such subjects are partial to good living.

(d) *The nervous-lymphatic* is characterised by a large brain, and, at the same time, an abundance of the fatty material; somewhat active; easily fatigued, and prone to seek long intervals of rest.

(e) *The nervous-bilious* is indicated by a large brain; active nervous system; with all the other characteristics of the pure bilious.

In the generality of the mixed temperaments, the food should likewise be of a mixed character, and composed of equal parts of animal and vegetable substances.

Although there are few articles of diet which a healthy person may not eat with impunity, nevertheless there are many which ought to be preferred, and others which should be entirely avoided by those who suffer from the various forms of stomach derangements.

VEGETABLES being slower of digestion than animal and farinaceous food, and being more liable to undergo the acetous fermentation in weak stomachs, besides creating a large amount of acidity and flatulence, should be avoided by the dyspeptic.

FAT and oily meats are also indigestible, and frequently occasion acid or rancid eructations, and heart-burn ; consequently should be avoided.

SOUPS and other liquid food are slowly acted upon by the stomach ; and if the diet consist chiefly of them, they seldom fail in producing the more severe forms of dyspepsia ; and, as such, should be strictly avoided, unless thickened with rice, pearl barley, or bread, in order to promote their consistency, which renders them more easy of digestion.

PASTRY, puddings, and all kinds of rich cakes, are highly indigestible, and should be strenuously avoided.

## PART III.

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### CONSTIPATION.

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REMARKS.—As not an unfrequent attendant on, and, perhaps, consequence of indigestion, we now come to the consideration of constipation, by which I mean a collecting and impactment of excrementitious matters in some portion of the alimentary canal.

The chief characters of constipation are—irregularity of the discharges from the bowels; increase in their consistence; and sometimes a feeling of fulness, flatulency, and tension, in different parts of the abdominal cavity.

It may be observed that, to a certain extent, constipation may be relative: one person may be *constipated*, though he may go to stool once a day; whilst another may be considered *relaxed*, though he may have but one evacuation every two or three days. Further, constipation may co-exist with a condition of the most perfect health.

CAUSES.—Constipation may arise from torpidity of any part of the alimentary canal, and may take place in two ways.

*Firstly*.—Either the fæcal matters are not separated

in the small intestines, and cannot, therefore, be discharged into the large.

*Secondly.*—Once separated in the small intestines, and discharged into the large, are there retained by debility or torpor of any portion of the canal, and relaxation of the abdominal muscles.

Constipation may also be associated with one or more of the following causes:—

1. A diminution in the secretion or excretion of the liver and pancreas: this is the *chief* cause of *duodenal* constipation, indicated by the *faeces* becoming scanty, increasing in consistency, containing matter of remarkable hardness, of a pale, clayey, gray, or blackish colour, according to the changes in the biliary secretion.

2. A suspension or deficiency of the mucous exhalation on the surface of the digestive tube.

3. A too rapid absorption of the matters contained in the intestine.

4. Relaxation or debility of the muscular coat of the intestine—whence arise distension of the canal, and accumulation of *faecal* matters and gases in its cavity. This form is commonly met with in persons advanced in years; in women and children; in persons who lead a sedentary life; in great eaters; and young girls suffering from menstrual derangement.

5. Rigidity of the longitudinal bands of the colon, which transform into so many cells each of the parts they circumscribe, diminish the central canal, and so



form those round, marble-like substances which we call *scybalous motions*.

6. The production and accumulation of gases, which distend the walls of the intestine, paralysing its action, and opposing the expulsion of fæcal matters.

7. The deposit of mucous, plastic matter on the surface of the intestine, or the lodgment of hardened fæces in the cœcum, colon, or rectum.

8. *Colic* is another and most dangerous cause of constipation, and may be distinguished by violent griping pain; by obstinate constipation; by retraction of the navel; by tension, tenderness, distension, and spasm of the abdominal muscles; and, ultimately, by vomiting of fæcal matter. A case of this kind came under my notice in January, 1864, which the reader will find recorded in the February number of the *Monthly Homœopathic Review*, 1865; and the *Monthly Homœopathic World* for April, 1866. The patient, a lady, was first taken ill on Monday night, January the 4th, 1864. She was attended by Dr. Wiltshire, Hampstead Road, and Dr. Jenner, the Queen's physician, who endeavoured, but in vain, to administer to her relief, from that date to Saturday evening the 16th—a period of *thirteen days*—during which lengthened time she was scarcely free from the most violent form of spasm, and had had no action of the bowels. She was now placed under my care; and, in less than three days, was out of all danger, and made a rapid recovery.

## TREATMENT OF CONSTIPATION.

From what has been said on the pathology of this complaint, it will appear evident that the means to be adopted for its removal will mainly depend on a knowledge of the cause that gave rise to it. It will, therefore, be of little use to view constipation as constipation alone, and its removal by the mechanical action of drastic purgatives; but it behoves us to ascertain by a careful record of symptoms, which act as *indices* to those pathological deviations which take deep root in the living organism, and select our remedy accordingly.

## CONSTIPATION OF THE DUODENUM.

SELECTION OF REMEDIES.—For duodenal constipation, if caused by torpidity of the liver, and scanty flow of bile into the gut—

Take *Tinct. Podophyllum*,  $\phi$ , three to five drops in a wine-glassful of water, night and morning, until relieved.

If from a morbid condition of the mucous follicles, secreting a thick, adhesive fluid, and further indicated by a coated, foul tongue, sallow complexion, and offensive breath—

Take *Merc. sol.*, two grains three times a day, either dry on the tongue, or dissolved in a wine-glassful of water.

## CONSTIPATION OF THE CÆCUM.

The next division of the intestines which becomes the seat of constipation is the *cæcum*. The abrupt manner which the last portion of the small intestine terminates in this gut (see Diagram, Fig. 8), and its depression below the opening, forming a kind of sack, renders it a ready receptacle where food and other substances may tarry for an indefinite length of time. The symptoms may be briefly described as—fulness in the right groin; swelling of leg; irritation of kidneys; colicky pains; vomiting; and flatulency. The chief remedy is *Nux vom.*

**DOSE.**—One drop three times a day.

Should *Nux vom.* fail, or only give partial relief, *Bryon.* should be selected—one drop three times a day; and, in severe cases, when the symptoms become alarming, such as total absence of defecation, frequent urging and aching pains over the affected region, with colic, incarcerated flatus, and cold, clammy sweat, take *Verat. alb.*—one drop every four hours.

## CONSTIPATION OF THE COLON.

Fæcal obstruction may take place in any part of this canal. If the ascending portion be affected, there is dull, aching pains in the loins, with disordered functions of the kidneys. If the transverse

portion, there is derangement of the liver, stomach, and spleen, with palpitation of the heart, and irregularity of the pulse; short and laborious breathing. If the descending portion, the symptoms are similar to those of the opposite side.

#### CONSTIPATION OF THE RECTUM.

The *rectum* forms the last stage of the alimentary canal, which also becomes the seat of constipation; the symptoms being a heavy, dull weight and distension in the pelvis, with aching pains at the extreme end of the spine.

SELECTION OF REMEDIES.—In the treatment of constipation of the colon and rectum, particularly if caused by a want of power in the gut to expel its contents, the first remedy to be selected is *Ignat.*—one drop every four hours: or *Nux vom.*, in the same proportion.

DIET AND AUXILIARY TREATMENT.—The auxiliary and dietetic treatment of constipation should consist—

1. Of a diet, light, nutritious, easy of digestion, moderate in quantity, and regularity as to the hour of meals.
2. No bolting of the food; but a prolonged mastication, and intimate admixture with the saliva before swallowing.
3. To take oatmeal, or Neville's flower of lentil, in the form of porridge, for breakfast or supper.
4. To drink cold water night and morning—a tumblerful at a time.

5. To take a cold sitz or sponge-bath every morning, and apply a wet compress over the stomach.

6. Acquire a habit of going to the water-closet at a fixed hour daily : do not deviate from this rule, as habit becomes second nature.

If the functions of the liver are at fault, rouse them by the administration of *Podophyllum*, as prescribed ; by active exercise, either walking, riding, or gymnastics ; and the occasional use of the Turkish bath.

#### PURGATIVES A FREQUENT CAUSE OF CONSTIPATION.

A few words may here be said on the baneful effects of purgatives. The repeated use of those medicines is now prohibited and condemned by most physicians of the old school ; *the most sceptical acknowledge the general law of nature, that all impressions become less strong by habit and repetition ;* the repeated confessions of the afflicted show that the relief obtained by such means is but temporary, the same symptoms recurring over and over again, and each relapse assuming a more aggravated form. When a patient has an attack of dyspepsia, constipation, or often both combined, such as a heavy, dull weight, or lump in the stomach, within an hour or two after a meal, with, generally, tumefaction of the abdomen, headache, a giddy, swimming sensation, flatulence, with occasionally bringing up mouthfuls of flatus, sour water, or half-digested food, with constipation of

some days' standing, feeling of oppression, with hot, dry skin, and fever, the *panacea* is the old favourite dose, or whatever else any kind neighbour may commend.

The medicine is taken, immediate relief follows, the contents of the bowels—viz., half-digested food, wind, and acid liquor—are all carried away, as if by magic—the headache abates—the skin becomes moist—in fact, a sensation of ease and comfort diffuses itself through the whole frame. Such are, I may say, the magical effects of purgatives in those disorders.

But what is the result of the repeated use of such means? It is true the first dose clears out the contents of the alimentary canal; but the constant use of such have other and very prejudicial effects; all purgation is an abnormal state induced by medicine, and the constant resort to such agents disorganises quite as much as it relieves. They over-stimulate the liver, pancreas, and secreting ducts, studding the vast extent of the intestinal canal, causing those organs to throw out their valuable contents in too large a quantity, thereby producing general debility. They destroy the natural functions of the stomach and alimentary canal, producing nausea, sickness, vomiting, griping, and even syncope, with, at times, bloody slimy stools. They disturb the brain, and lower the vital energy, producing, at one time, lowness of spirits, with hypochondriasis; at another time, great mental excitement, with peculiar irritability of temper; and lastly, they destroy that beautiful and delicate membrane that

lines the intestinal canal, producing inflammation, and, sooner or later, ulceration of its surface, followed by dysentery, when death steps in, and closes a long and painful scene.

Dr. Graves,\* in his valuable lectures on clinical medicine, thus remarks on the baneful effects produced by the repeated use of purgatives:—"Various causes have combined to render *blue pill* and *calomel* almost popular remedies, to which many have recourse when their bowels are irregular, or the stomach out of order. Indeed, it is quite incredible what a number of persons are in the habit of taking these preparations, either singly, or combined with other purgatives, whenever, to use the common expression, they feel themselves bilious. This habit, sooner or later, induces a state of extreme nervous irritability, and the invalid finally becomes a confirmed and unhappy hypochondriac; he is, in fact, slowly poisoned, without the more obvious symptoms of mercurialisation being at the time produced."

\* *Clinical Lectures on the Practice of Medicine*; by Robert J. Graves, M.D. Second Edition: vol. ii., p. 213.

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## PART IV.

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### HÆMORRHOIDS—PILES.

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REMARKS.—We shall now direct attention to this, which constitutes the fourth branch of our Essay, and which is so often the attendant on, and, indeed, the consequence, whether of indigestion, or more immediately of constipation.

The term “hæmorrhoids” signifies certain tumours which appear at the verge of the anus, or within the rectum; and, according to their relative positions, are generally termed *internal* and *external*.

*The internal* hæmorrhoids are those which are found within the margin of the anus, and covered by the mucous membrane of the canal. They present the form of fleshy tubercles, of a pale-red colour, having a solid or spongy feel. When cut into, they are found to contain a central cavity, filled with coagulated blood: this cavity is about the size of a pea; has no connection with larger vessels; but contains arteries and veins of its own.-

The development of these tumours is generally indicated by a peculiar stinging sensation within the verge of the anus. Sometimes blood is exuded from



their surface, constituting what is generally called *sanguineous hæmorrhoids*: sometimes a mucous fluid—constituting the *mucous hæmorrhoids*—with catarrh. These tumours vary in size and locality, are granular in appearance, and bleed freely if rudely touched, or scratched by the nail during an examination: those situated close to the anus will sometimes protrude whilst the patient is evacuating the bowels. At an early stage of the complaint they retire spontaneously; but at a more advanced stage they require to be replaced with the fingers. In some cases, when the tumours are large and numerous, and subject to a relapse for a length of time, the tissues and sphincter-muscle of the anus lose their tone, become relaxed, and subject the patient to constant annoyance by the protrusion, which materially interferes with his walking or riding.

*Bleeding.*—Hæmorrhage is one of the most frequent symptoms of internal piles, and may spring from various sources.

1. From congestion of the vessels of the part, with exhalation from the inner surface of the rectum.
2. From irritation of the bowel, followed by sanguineous exhalation.
3. From the surface of the hæmorrhoidal tumours.
4. From the rupture of minute vessels or dilated pores.

The hæmorrhage is generally of an *active* character; but may, after a time, become *passive*, owing to the

debilitated state of the vessels, and attenuated properties of the blood.

*Colour.*—The colour of the blood is of a bright vermillion, and varies in quantity from a few drops to a pint or more. In some cases the blood will be projected in fine streams, as if from minute vessels. I have met with several cases of this kind where the loss of blood was truly alarming. One was a Mrs. Davidson, who resided in Star Street, Edgware Road, to whom I was hastily summoned about eight years ago. I found her in bed, lying on her back, and, to all appearances, in a dying state: her physical energies were entirely prostrated; she spoke in a whisper, scarcely audible; her lips quivered, were livid and bloodless; her pulse was scarcely felt at the wrist; the bleeding was profuse, and squirted from her in bright vermillion jets; the bed-clothes were saturated, and herself bathed in the same fluid.

A few globules of *Sulphur*, 6th dilution, were dissolved in half a tumblerful of water, and a table-spoonful administered every ten minutes. After the third dose, the bleeding stopped, and from that moment she gradually recovered. After the lapse of some months she had two more attacks of a like kind, which again yielded to a few doses of the same medicine.

CASE II.—Mrs. E.,\* aged forty-three, of full habit and bilious temperament, consulted me in April, 1851.

\* This case was sent to me by Mr. Waugh, an old-established chemist, residing in High Street, Camden Town.

During her last three pregnancies she suffered from a copious discharge of blood per rectum, which continued till her confinement. She was, at the time, six months gone. The discharge was profuse, and came away in bright vermilion jets. She felt weak and languid, which compelled her to seek the recumbent posture the greater part of the day. She had passed as much as half a pint per day; and was also troubled with a slimy mucous diarrhœa.

*Sulphur*, 6, and *Chamomilla*, 6, were administered in alternation, every three hours; and, in less than a fortnight, she was well.

## EXTERNAL PILES.

These tumours are to be found at the verge of the anus, and covered by the skin of that region. In form they are chiefly globate, with a broad base. When inflamed they are of a livid colour, tense and elastic to the touch, and exquisitely painful; the anguish at the time being so great as frequently to prevent the patient from walking or sitting.

ANATOMICALLY.—These tumours consist of skin and cellular tissue, into which blood has found its way—the result of congestion of the hæmorrhoidal vessels. Each tumour has a central cavity, lined with a smooth glistening membrane.

Some authors describe two forms of external piles, the difference in structure chiefly depending on the strength of the constitution.

1. The *sanguineous* tumour, large and oval like a grape, of a blue livid colour, attacking the strong and plethoric constitution.

2. The serous tumour, which is pale, elastic, and shining—to be found in clusters, or forming a ring round the margin of the rectum; attacking the phlegmatic temperament, and those of low vital powers.

**SYMPTOMS.**—The symptoms of piles are, for the greater part, local, and consist of a feeling of fulness, itching, throbbing, heat, tenderness, dull or shooting pain in the anus, with tension, straining, and bleeding.

The first few attacks are not generally serious, the symptoms being confined to slight pain, weight and fulness in the rectum, with uneasiness in passing a motion, which is more or less tinged with blood. After a time, similar attacks are found to return, each presented by a more prolonged and severe group of symptoms. The pains are now sharp and cutting; extend along the hips and thighs, with increased flow of blood, and an increase in the size and number of the tumours. As the disease continues to progress, the presence of a foreign body is felt in the rectum; and, at stool, one or more tumours will protrude, which at times become strangulated, causing considerable pain and constitutional disturbance.

A mucous discharge is another symptom, which at times is so acrid as to cause excoriation of the surrounding skin, and so profuse as to run down the patient's legs.

CAUSES.—Hæmorrhoids will spring from *predisposing, exciting, and pathological* causes.

*The predisposing causes* will include the melancholic, bilious, and sanguineo-bilious temperament; the sedentary, indolent, and high liver; a high range of temperature; moist, miasmatic regions; and hereditary predispositions. Several cases of the latter kind have come under my notice. A lady who consulted me in June, 1865, for a painfully prolapsed rectum, with copious hæmorrhoidal discharge once a month, stated that her father and an uncle had suffered from the same complaint for a number of years. She was cured in three months, chiefly by *Sulphur, Pulsatilla, and Sepia*.

*The exciting causes* will include certain disturbances of the mind; purgatives; frequent enemas; accumulation of worms in the *rectum*, or the accumulation and retardation of fæcal matter (constipation) in the same organ, which, by pressing upon the blood-vessels and other structures, retard the return of blood to the heart.

*The pathological causes* will include enlargement of the prostate gland; displacement of the womb; pregnancy; congestion; and structural diseases of the lungs, heart, liver, or any other organ which may interfere with the free circulation of the blood.

*The periods of life* most susceptible to piles, are the middle and advanced stages. They occur more frequently in women than men; partly from leading a more sedentary life; partly on account of pregnancy;

and partly from irregularity or suppression of the monthly flow, for which, it may be remarked, hæmorrhoids are apt to be substituted.

#### TREATMENT.

In the treatment of this complaint, the reader must bear in mind, that we must look upon hæmorrhoids as we looked upon constipation—not as hæmorrhoids alone, or mere local affections, but as outward manifestations of some hidden and deeply-secreted evil—as the painful and distressing voice of nature appealing to the physician for help. Hæmorrhoids, like many other outward diseases, are simply landmarks or signals, which the living organism, in her inward struggles, has thrown out as a guide to the proper and scientific treatment of the real malady within.

There are few diseases, in the great category of ailments, wherein quackery and ignorance have played a more prominent part than in piles, or wherein more injury has been done to the patient from considering its pathology and treatment in too confined and limited a point of view.

It is not by the knife or the ligature that a radical cure can be performed; neither is it by burning away such excrescences by strong *Nitric acid*, as recommended by many surgeons. A treatment based upon such cruel and dangerous experimentation, having neither pathology for its guide, or the semblance of

science for its *forte*, is empiricism of the lowest kind.

Indeed, an allopathic writer of some eminence on "Piles," confirms, in a great measure, the observations just made; who says—"At different periods, various escharotics have been extolled, and become a *fashion*, in the treatment of hæmorrhoids; but, as in many cases they did not realise the advantages that the advocates of them would induce others to believe, they soon fell into disuse."

The homœopathic treatment is based upon one grand fundamental principle—one upon which the science must stand or fall—namely, *similia similibus curanter*—let likes be cured by likes. A correct diagnosis, leading to an accurate specification of the symptoms, is therefore the first step taken by the homœopathic physician. These symptoms being ascertained, he considers them with strict reference to the pathological condition of the vital organism—that pathological condition being the essential cause which develops them in the tissues. The object now is to remove such derangement. How is this to be done? Homœopathy supplies him with a law resting upon natural facts, and free from all human speculation. I would here fix the attention of the reader to the beautiful consistency of Homœopathy, as illustrated by the correspondency which it demonstrates between the cause and the cure of diseases.

God has implanted morbid properties in our bodies—not for our punishment, but in order that their de-

velopment may lead us to investigate, and live in accordance with the laws of health.

God has also implanted morbidic (*poisonous*) properties in the fang of the serpent, the crystallised mineral, and the vegetable Aconite—not for our punishment, but that the study of them may put us in possession of the laws of healing. The disease calls to mind the drug, and assists us in finding it. The drug enables us to trace the disease for which it is *homœopathically* adapted.

Remedial agents, if administered under the new law, are not only capable of achieving every curative result which the processes of the old school can legitimately claim, but of achieving all this good more directly and more thoroughly than the old system is able to do. There is hardly a disease, within the comparatively very brief period in which Homœopathy has been established, which has not yielded to the exclusive use of one or two remedies, in the hands of a skilful and enlightened practitioner, when applying them in accordance with the law of *similitudes*.

Typhus, scarlatina, and uterine affections have yielded to *Belladonna*.

Inflammation of the synovial membranes, to *Pulsatilla*.

Croup, and its allied diphtheretic deposits, to *Aconite*, *Belladonna*, *Mercurius*, *Iodidus*, and *Spongia*.

Pneumonia, to *Phosphorus*, *Bryonia*, or *Squills*.

Indigestion, with its various derangements, to *Nux vom.* or *Pulsatilla*.



Hepatic congestion, to *Podophyllum*.

The distressing agitations attending organic disease of the heart, to *Digitalis* or *Spigelia*.

Sciatica, to *Colocynth*.

Rheumatism, phlegmanous inflammations, acute congestion of almost every organ or tissue, to *Aconite* or *Belladonna*.

Affections of the bladder and kidneys, to *Cantharides* or *Terebinthine*.

Dysentery, to *Aconite* or *Corrosive sublimate*.

Cholera, to *Arsenic*, *Camphor*, or *Veratrum*.

Intermittent fevers, to *Quinine* or *Arsenic*.

Infantile diarrhoea, to *Chamomilla*.

Tic-Douloureux, to *Arsenic* or *Stramonium*.

Various diseases of the skin, to *Arsenic*.

Toothache, to *Spigelia*.

A host of disorders traceable to lymphatic engorgements, to *Mercurius*.

Were these cures casual or isolated, they would be of no value to medicine as a science; but their immense significance consists in the fact, that they are the first-fruits of the application of a fixed law of cure, the operation and virtue of which are positively as boundless as they are uniform in results. They reveal the valuable truth, that Homœopathy has placed in man's hands the key of the unchangeable and unerring powers of healing. The polar star reminds the hardy mariner of the needle—the needle never ceases to point to the star.

## MEDICINES, AND THEIR INDICATIONS.

The chief remedies for selection are *Acon.*, *Ars.*, *Ham.*, *Nux vom.*, and *Sulph.*

*Aconite*.—When the piles are inflamed, with a hot, burning sensation; a flow of blood or mucus, with a feeling as if warm liquid passed from the anus.

DOSE.—One drop every three to four hours.

*Arsenicum*.—Inflammatory piles sometimes cause a burning sensation, with burning stitches in the tumours, as if red-hot needles were stuck through them. *Ars.* causes a similar train of symptoms; consequently acts as a curative agent.

DOSE.—One drop every four hours.

*Hamamelis* is a valuable medicine, and exercises great control over all hæmorrhages emanating from mucous membranes. In piles it is admirably suited to bleeding of a passive nature, with a varicose condition of the hæmorrhoidal veins.

DOSE.—One drop every four hours.

[*Note*.—In April, 1862, I attended a clergyman, at Twickenham, for a severe attack of dysentery, which many of the most approved remedies failed to check. The case became alarming, as he passed nothing but blood. *Hamamelis*,  $\phi$ , in drop doses, was now administered, which stopped the bleeding in a few hours.]\*

\* This case was seen by Dr. Bell, of May Fair.

*Nux vom.* chimes in as an excellent remedy for fluent piles, with pressing in the bowels; rigidity in the small of the back; headache; rush of blood to the head; pressing in the rectum, with burning, stitching pains.

Dose.—One drop every four hours.

*Sulph.* has always been regarded as one of the most valuable remedies we possess in hæmorrhoidal affections. It causes, in healthy persons, bleeding from the anus; involuntary discharges of clots from the anus; hæmorrhoidal tumours; bearing-down pains in the small of the back, in the direction of the anus, with painful rigidity and pain, as if the back were bruised. It is likewise a valuable remedy in derangements caused by the sudden suppression of piles; such as colic, back-ache, palpitation of the heart, congestion of the brain, lungs, and stomach.

Dose.—One drop three times a day.

For derangements caused by suppressed piles.

Dose.—One grain of first decimal trituration every four hours.

DIET AND HYGIENE.—All strong and heating beverages, such as beer, wine, tea, coffee, and highly-seasoned dishes, must be forbidden; and only that allowed which is mild and easy of digestion.

If constipation should exist, it must be removed by appropriate remedies.

If the secretion and excretion of the bile is deficient, this also must be remedied by appropriate medicines.

If the skin is dry, parched, and refuses to perform its natural functions, active exercise, with the use of the warm, or Turkish bath, will be of great service. It causes the circulation to become more rapid; the vital functions to assume a healthier action; the torpid bowels to void their contents; and the skin is relieved of a vast accumulation of impurities by the millions of pores being purged of their pent-up matter.

Ablution of the parts, with soap and water, should be observed night and morning. If the piles are internal, great comfort will follow the injection of half a pint of water; it removes all feculent matter which may remain after a stool, besides exercising a direct influence over the nerves and blood-vessels of the rectum.

#### PRURITUS ANI—ITCHING OF THE ANUS.

INTRODUCTION.—*Hyperæsthesia* of the cutaneous nerves (which signifies a morbidly exalted sensibility of nerve filaments), is not characterised by any particular pain, but by a peculiar *itching* and *creeping*. The itching seldom affects the whole body; it is generally confined to limited parts, giving preference to those covered with hair, such as the pubis, the scrotum, and anus.

*Itching of the anus* is more generally considered as a symptom only of diseases of the liver, the digestive canal, the rectum, and adjacent parts. It is often, however, so distressing as to constitute the most prominent disorder; and is then considered obstinate, and difficult of cure.

CAUSES.—One of the most frequent causes of itching of the anus, is the appearance of worms in the rectum: this may occur at all ages. It may likewise take place from suppression of the catamenia; hæmorrhoids; from diseases of the liver; from the accumulation of fæces in the rectum and colon; from the abuse of calomel, aloes, and other drastic purgatives; from the sudden suppression of an habitual discharge, or cutaneous eruption; from the lodgment of foreign bodies; and from errors of diet, particularly the indulgence in highly-seasoned dishes, and too great a quantity of heavy, rich wines, as *port* and *sherry*.

SYMPTOMS.—Itching of the anus may briefly be described as a peculiar crawling, tingling, titillating sensation, which has been described by patients—particularly in the early stages of the complaint—as a kind of voluptuous itching; but as the disease progresses, the itching becomes most distressing, particularly on getting warm in bed; and frequently prevents the patient sleeping till he is completely worn out.

When the complaint is of long standing, and the sufferer has yielded to that irresistible desire to

scratch and irritate the part, the skin around the anus will be found to be thickened and furrowed, which soon terminates in ulceration if due attention to cleanliness be not observed.

I was consulted, in August, 1860, by a Peninsular officer of high standing, who had suffered, for many years, from an intolerable itching at the anus, which—to quote the expressive language of the brave old warrior—"could only be compared to the torments of the damned." It had had a very depressing effect upon his mind; his life was rendered perfectly miserable; he could get but little sleep; and, although considerable relief was obtained from the remedies I prescribed, yet he sank in about eighteen months afterwards, from sheer exhaustion, accelerated by his never-ceasing tormentor.

On one occasion he exhibited the marks of no less than seven sabre-wounds, received in many a severe hand-to-hand encounter with the enemy: he likewise shewed me the spot where a musket-ball had entered his body on the ever-memorable 18th of June, which was never extracted. It lay imbedded on the right side of the upper part of the sacrum, and was, doubtless, the sole cause of all his suffering. Nevertheless, he expressed himself willing to undergo the same amount of pain from sabre and ball, or even face a whole regiment of French soldiers, if he could but rid himself of the *pruritus ani*.

TREATMENT.—From the various causes herein enumerated, it is clear we must, in a great measure,

consider *pruritus ani* rather as a symptom of some constitutional derangement, than as a disease *sui generis*. It will therefore be of little use to offer the reader a series of stereotyped remedies, which *may*, or *may not*, be applicable to the disorder. But we shall take him a little deeper into the matter, and endeavour to trace, to their very foundation, those pathological changes which take root deep in the living organism, and which experience has taught us to be the *fons et origo* of that most obstinate and distressing annoyance.

We are, in the first place, well aware that the existence of worms in any part of the alimentary canal, particularly the rectum, is a common cause of *pruritus ani*, and affects both sexes, and all ages alike. It will therefore become our duty to remove these entozoa, by the administration of appropriate remedies, such as—

The thread-worm, by *Ars.*, *Ignat.*, or *Merc. sol.*

The earth-worm, by *Merc. sol.* or *Spigelia*.

The tape-worm, by *Arg. nit.* or *Terebinth.*

A dose of the selected remedy to be administered three times a day,

We have, as a *second cause*, cessation of the menses: and well might that “epoch” in woman’s career be termed the “critical period,” for it too often leaves in its train a host of diseases beyond the province of this little work to treat upon; but none, perhaps, more annoying than *pruritus vaginae*, or *ani*. Our course here is again tolerably clear.

Nature having relieved herself, for nearly thirty years, by a monthly flow, is not always prepared to receive the shock of a too sudden cessation of such; we must consequently guard against a too sudden rush of this redundant fluid to one part of the body more than another.

The brain must be protected by *Acon.* or *Bell.*; the bowels should be kept freely open; the functions of the skin, liver, and kidneys must be kept in good working order by an occasional Turkish bath; and active walking exercise taken daily. The diet should be simple, and easy of digestion; no red meats should be allowed, but some of the white selected, such as *tripe*, *rabbit*, *fowl*, or *veal*. All made dishes should be avoided, and no stronger beverage allowed than a tumblerful of water, or a wine-glassful of a light claret; or, which is still better, a glass or two of *Hungarian Edeburg*.

For itching of the *vagina* or *anus*, *Bell.* should be selected—a dose three times a day.

We have, as a *third cause*, hæmorrhoidal tumours; and sometimes condylomata may exist as another. These should be removed by the treatment already laid down. (See Part IV., on Piles, p. 74). Diseases of the liver; accumulation of fæces in the colon or rectum—if the *cause* can clearly be traced to either—must likewise be treated according to the rules set forth. (See Part V., on Diseases of the Liver, p. 93; and Part III., on Constipation, p. 62.)

We now come to the treatment of *pruritus ani* as a disease "*sui generis*," which has been considered



by allopathic authorities as a very obstinate and troublesome complaint, requiring great patience on the part of the sufferer, and great perseverance on the part of the medical attendant. A host of remedies, both internal and external, have been recommended by our allopathic brethren; but, hitherto, drugs so administered have fallen far short of the anticipations of those gentlemen.

Homœopathy can, however, boast of a better state of things; as *Acon.*, *Ant. crud.*, *Bell.*, *Ignat.*, and *Sulphur* have proved eminently successful when administered in accordance with the totality of the symptoms.

*Acon.*—When there is itching of the anus and nose, with stinging, smarting pains; and the parts round the anus studded with small, inflamed boils or pimples.

A Dose every three hours.

*Ant. crud.*—When there is a sharp, burning itching, with a sense of excoriation in the anus and rectum; with tenesmus and protrusion of the gut.

A Dose three times a day.

*Bell.*—When there is violent itching, and constrictive sensation at the anus, with tenesmus, and pressure in the rectum towards the orifice. It is also admirably suited for women, when the disease attacks the mucous membrane of the vagina—when the surface looks inflamed, and studded with fine vesicles,

which discharge a smarting, itching, and burning secretion.

A Dose every four hours.

*Ignatia*.—When there is straining or pressing towards the rectum, with violent itching; creeping sensation, particularly at night, while in bed; and a feeling as if some foreign substance had stuck in the passage.

A Dose every four hours.

*Sulphur*.—When there is a burning, cutting, itching, bearing-down sensation, with feeling of fulness in the rectum, and exudation of shining mucus.

A Dose three times a day.

#### FISSURE OF THE ANUS.

REMARKS.—Fissure of the anus is a very troublesome and painful disorder; is more frequently met with in females than in males; and generally occurs in persons between the age of twenty-five and sixty. In the majority of cases the lesion confines itself to the mucous membrane only; but in some it extends to the cellular tissue beneath, and even implicates the fibres of the sphincter-muscle.

SYMPTOMS.—In the early stage of fissure the symptoms are not generally severe, and only experienced during the evacuation of the contents of the bowels, when, at a certain point, there will be felt a slight stinging, pricking, or smarting sensation, more or less

severe. As the disease goes on, the pains become altered in character, and assume a burning, lancinating, excruciating nature, with severe throbbing, and spasmodic contraction of the sphincter-muscle, which continues for many hours. Fissures may exist *above*, *below*, or *within* the grasp of the sphincter-muscle.

When the fissure is above the sphincter it assumes the character of an ulcer; and that portion of the *faeces* which passes over it, is generally tinged with puruform mucus and blood; but the pain is of short duration. When the fissure is below or within the grasp of the muscle, it presents the character of a fine *slit*, or *crack*, or, as its name implies, a *fissure*. The pain attending this form is of long duration, and of the most excruciating kind; and so violent does the agony at times become, that patients thus afflicted are obliged, when sitting, to rest on one hip, on the corner of a chair, or in the recumbent posture; whilst many postpone the calls of nature to an almost dangerous extent, rather than submit to the agonies endured by the passage of the *faeces*.

CAUSES.—It occurs, as already stated, in both sexes; but has been observed more frequently in females than in males, particularly in the nervous, hysterical, and irritable temperament; in those who lead a sedentary life, partake of highly-seasoned dishes, and fermented liquors. Hæmorrhoids; constipation; constriction of the anal orifice from spasm, or from operations for fistula or piles; injuries occasioned by the administration of clysters; the passage of hard substances;

and the escape of venereal poison from the female genitals, may also be set down as some of the chief causes of *fissure* of the anus.

TREATMENT.—In the treatment of fissure of the anus, the first and most important duty to observe, is to attend to the general health of the patient; to select a diet easy of digestion, and non-stimulating; to avoid spirits, and other heating stimulants; to pay particular attention to cleanliness, by washing the parts night and morning, or oftener if required, with pure soap and water.

Should piles or constipation exist, these should be removed by their respective remedies; and if the latter prove obstinate, an enema of warm water or soap-suds should be administered, were it only to give temporary relief, and thus afford the selected remedy time to act.

Should the fissure exist externally to the sphincter-muscle, a small piece of lint, saturated with the following lotion, must be kept constantly applied to the part.

Take of *Tincture of Calendula*, two drachms.

*Tincture of Belladonna*, one drachm.

Distilled water, eight ounces.

Mix.

Should the fissure exist internally to the muscle, the same lotion should be applied to the sore by means of an injection-pipe, omitting half the quantity of the *Belladonna*.

The internal remedies to be selected for the treat-

ment of fissure, are *Ac. nit.*, *Bell.*, *Ignat.*, and *Sulph.*

*Acid. nit.* has proved eminently successful in many cases which have come under my notice. A maiden lady, aged forty, who came from Cheltenham in July, 1860, to consult me for external fissure of two years' standing, was completely cured in one month by the internal administration of *Ac. nit.*, 5. Another lady, who came from the Isle of Wight to consult me for a similar complaint of eighteen months' standing, and who had been under Mr. Ashton for some time, was likewise cured within the space of five weeks by the same medicine. They had both suffered from torpor of the liver and bowels, of many years' standing.

If *Ac. nit.* causes a group of symptoms on the body in health, similar to the following (as given in *italics*), it may well be conceived how admirably adapted it is as a curative agent, in a group of symptoms of a similar kind, produced by other causes. *Pain during stool, as if something would be torn in the rectum; stitches; cutting and pressing in the rectum and anus during stool; stitches in the anus, and cramp-like contraction of the anus, for many hours; burning stitches at the anus after stool; stitches in the rectum when coughing; soreness and smarting of the anus, &c.*

*Bell.* is indicated when there is tenesmus, with constant pressing and bearing-down towards the anus, alternating with painful contraction of the anus, as from spasm.

A Dose every four hours.

*Ignat.* is indicated when there are stitching pains, running from the anus to the rectum; pains after a stool, with a sensation as if there were a foreign body lodged in the rectum.

A Dose every four hours.

*Sulph.* is indicated for a burning, darting, cutting pain in the anus and rectum, with spasm and tenesmus; a bearing-down sensation, with feeling of fulness in the rectum; and itching, soreness, and discharge of acrid fluid, or pus mixed with blood. This remedy is well adapted for old-standing complaints of this kind, where torpor of the liver, bowels, or piles exist.

A Dose three times a day.

## PART V.

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### DISEASES OF THE LIVER.

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#### TORPOR OF THE LIVER — DIMINISHED SECRETION OF BILE.

FROM what has been already observed on the use of the biliary secretion, and its application to the purposes of the animal economy, it is clear that any important diminution of the quantity secreted will be followed by disease.

It should here be observed, that the liver may be rendered incapable of secreting the normal quantity of bile by any defect in its structure. It is an organ which becomes frequently affected with chronic inflammation, the early symptoms of which are scarcely to be distinguished. After a time, however, a gradual and perceptible diminution in the secretion takes place, followed with an increase in the size, and frequently, afterwards, with *atrophy* of the whole gland, and obliteration of the capillary system and hepatic ducts — the true seat of the biliary secreting apparatus.

In such cases the patient will be subject to dull aching pains in the right *hypochondriac* region, which extend backwards, and are felt under the right shoulder-

blade; to a quick pulse; to heats alternating with chills; to a sense of tightness in the chest, and difficulty in breathing on active motion; to flatulency, indigestion, and acidity; to loss of strength and flesh; to a pale or sallow complexion; to a defect in the excretion of bile; and to a torpid condition of the bowels.

THE SYMPTOMS of simple torpor of the liver may be defined as an irregular or costive condition of the bowels, the stools being but slightly tinted with bile; flatulency, and various other dyspeptic symptoms; a sallow or muddy appearance of the countenance, and lowness of spirits; the urine is dark, or high-coloured, becoming thick after having cooled; there is generally drowsiness; a foul and loaded tongue; a bitter and disagreeable taste of the mouth, particularly in the morning; there is at times thirst, with chills alternating with heats; a hard pulse, with frequent tenderness and fulness in the region of the liver.

CAUSES.—A torpid condition of the liver may arise from a depressed or exhausted condition of the vital energy of the organ; from the accumulation of bile in the gall-bladder and hepatic ducts; from congestion of the blood-vessels of the liver, pressing upon the biliary ducts, thereby interfering with the natural flow of their contents; and from an impaired secretion of bile, which not only becomes diminished in quantity, but thick and vitiated in quality, and flows with difficulty along the chambers constructed for that purpose.



The circumstances under which such causes may arise, may be attributed to a neglect of due attention to daily exercise; to sedentary occupations; to habitual indulgence in rich, indigestible, and heating articles of food and drink; to a neglected state of the bowels, with an accumulation of fæcal matter in the intestine; or to a morbid condition of the lining membrane of the intestine, secreting an unhealthy plastic mucus, which blocks up the biliary outlets to the intestine.

DIAGNOSIS.—It is very necessary that we should be able to point out the distinguishing characteristics between mere functional derangements of the liver, and the more serious organic diseases of the same organ. This can generally be done by collecting a careful record of the symptoms of each case. Thus, if a patient who has never been subject to acute or chronic inflammation of the liver or stomach, or any other disease likely to implicate those organs, now, for the first time, complains of such symptoms as are here described, it may reasonably be inferred that the functions of the liver are only simply deranged.

But if such symptoms occur, over and over again, in a person who has led an intemperate life in eating and drinking, or who has resided long in tropical climates, we may then expect to find associated with simple biliary derangement, not only congestion, but acute inflammatory action, and organic lesion of the whole biliary apparatus.

TREATMENT.—The means usually adopted by allo-

pathic practitioners in the treatment of this disease, consists in the administration of calomel, blue pill, black draught, saline mixtures, aloes, blisters, the mineral acids, tonics, and deobstruents of various kinds.

The homœopathic treatment should consist in the administration of such remedies as *Podophyllum*, *Merc. sol.*, and *Taraxacum*.

*Podoph. pelt.*—I know of no medicine within the wide range of either the allopathic or homœopathic *Materia Medica*, that exercises so direct and beneficial an influence over a torpid condition of the liver, than this drug. It has, in my hands, proved to be the veritable blue pill of the vegetable world, effecting, in a few days, what it would take weeks to accomplish with the allopathic drugging system; and that without subjecting the patient to the injurious effects of the latter.

It is now about seven years since my attention was first drawn to the medicinal virtues of *Podophyllum peltatum* in liver complaints. The first case upon whom it was tried was that of a lady, about fifty years old, who had for many years suffered from a torpid liver, and a constipated condition of the bowels. She had been under the treatment of the late Dr. Joseph Laurie for more than six months before she applied to me for advice, resulting in no very marked amelioration in any of the symptoms. I prescribed one grain of the first decimal trituration of *Podophylline*, dissolved in a wine-glassful of water: the dose was repeated in

four hours. This caused some griping and slight nausea: at the expiration of twelve hours, a hard lumpy motion was evacuated: at the expiration of twenty-four hours, a quantity of dark acrid bile followed; and in the course of the following twenty-four hours, a series of greenish, acrid stools passed away, followed by total freedom of all the old symptoms.

I am now in the habit of prescribing this medicine in the form of tincture; and vary the quantity from 1 to 5 drops,  $\phi$ , for a dose, repeated three times a day, if required. The higher dilutions do not affect the liver so quickly.

*Merc. sol.*, second decimal trituration, is a useful remedy when the region of the liver is painfully sensitive to the touch; the tongue coated and slimy; eructations and flatulency, with hard, pale, or clayey stools.

Dose.—One grain three times a day.

*Taraxacum* is a very old and much approved remedy in torpidity of the liver, and is chiefly indicated when symptoms such as the following are present:—dyspepsia, flatulence, constipation, nausea, sharp stitches, partly in the left, but chiefly in the right *hepatic* region, with a sinking feeling in the pit of the stomach.

Dose.—Three to five drops three times a day.

## HYGIENIC TREATMENT.

A wet compress, applied over the region of the liver, is a valuable auxiliary in torpidity of that organ: it should be worn day and night, care being taken to wash the saturated portion of the compress in cold spring water, night and morning.

Active exercise, either in walking, riding, or boating, should be adopted as a daily duty; while a sea voyage, in many cases, will prove highly beneficial.

DIET.—In those cases of liver complaint where the diminished secretion of bile is preceded by affections of the stomach, such as loss of appetite, indigestion, and flatulent eructations, the diet of the patient should be carefully regulated. The quantity of food taken at each meal should be moderate; and water, or some light wine, such as the Hungarian *Carlowitz*, *Ofner Auslese*, or *Edenburg* only, should be taken, and these in moderate quantities. All raw or unboiled vegetables should be avoided; ripe fruits may be taken in moderation; a limited proportion of boiled vegetables may be admitted; animal food should be well boiled, or moderately roasted, and taken with its own gravy. All pastry should be avoided; and butter rendered rancid by melting should be forbidden.

In obstinate cases, change of air, and a recourse to some of the mineral waters known to exercise a special influence over the liver and chylo-pöietic viscera,

should be taken—such as the *Seidschütz*, or *Pullna* ;\* and thus, by giving vigour and energy to the stomach and duodenum, the lost functions of the liver may be restored.

## EXCESSIVE SECRETION OF BILE.

An inordinate flow of bilious matter into the intestinal canal, is invariably followed by copious fluid alvine evacuations, which are often preceded by griping, nausea, vomiting, and acceleration of the pulse.

Europeans who reside in warm climates are extremely subject to diseases arising from the increased secretion of bile, and the excess of its quantity in the alimentary canal, which, either by regurgitating into the stomach, and producing a general languor of the body, together with nausea, vomiting, a foul tongue, loss of appetite, and indigestion ; or, by being directed to the intestines, excites a painful diarrhœa, which ultimately tends to weaken their tone, and disturb their normal peristaltic action. It likewise happens, that during the excess and retardation of the bile in the duodenum, some absorption of it takes place, so that the skin becomes jaundiced, and the urine sensibly impregnated with it ; the pulse becomes quicker, with an increased heat of the body, which, after some time, becomes emaciated ; while the general aspect of the patient assumes an unhealthy colour.

\* For the medicinal properties of these waters, see article on Mineral Waters, p. 115.

Such symptoms as I have just enumerated are the spontaneous effects of a warm climate on healthy constitutions, and cannot always be prevented by the most careful attention to diet, by abstinence from intoxicating drinks, or by avoiding any of those irregularities which are so frequently indulged in in eastern climes. Under such circumstances a change of climate becomes absolutely necessary, whereby the excessive secretion of bile is gradually diminished to its normal quantity, and its acrid properties perhaps rendered less active; thus enabling the stomach and bowels to regain their natural and healthy functions.

A sea voyage, from a warm to a colder climate, unaided by any medicinal preparations, will frequently effect this purpose in a marked degree, provided there be no organic disease in the liver, or in any of the other abdominal viscera.

A condition, attended with somewhat similar symptoms as those just described, is of common occurrence in this country during the summer and autumnal months, and constitutes what is generally termed *bilious diarrhœa*, or *choleraic diarrhœa*. To produce such a state, it is not absolutely necessary that the liver should secrete an inordinate quantity of bile, as the same symptoms take place from a vitiated condition and accumulation of that fluid in the large ducts and gall-bladder; and when suddenly discharged into the bowels, give rise to all the phenomena of increased secretion, when, in fact, only an increased discharge of the retarded fluid has taken place. Ex-

cessive biliary secretion, as observed by an eminent authority, is more frequently inferred from circumstances than proved by unequivocal evidence.

TREATMENT.—In the treatment of “excessive secretion of bile,” we should, as in all other diseases, be guided by the causes and the various phenomena attending each particular case. Should it arise from a vitiated condition of the bile, owing to the suppression of the vital actions of the liver, *Podophyllum*,  $\phi$ , in *three-drop doses*, and repeated every four hours, will be the most appropriate medicine. A healthy secretion of bile will soon follow as the effect of this drug, with a termination of all unpleasant symptoms.

Should the patient complain of nausea; bitter eructations; greenish, slimy vomiting; a painful tenderness in the region of the liver; frequent small evacuations, with tenesmus, and a thick, yellowish coating on the tongue—*Aconite*, in drop doses, should be administered every three or four hours, till such symptoms shall have subsided.

It sometimes happens that, after the sudden discharge of vitiated and pent-up bile into the intestine from the gall-bladder, a diarrhoea of a very painful nature sets in, termed *bilious*, or *choleraic* diarrhoea. We have, in such cases, acrid, bitter eructations; thirst, nausea, and vomiting; cutting or burning pains in the stomach and abdomen; coldness and anguish; great weakness, with a desire to lie down; a watery, greenish, or yellowish diarrhoea, with considerable tenesmus. *Arsenicum*, one drop, should be

administered, and repeated at frequent intervals: or *Ipecac.*, if the tongue be coated with yellowish mucus; the mouth dry, with aversion to all food; nausea, and violent empty retching, with offensive smell from the mouth; violent pains in the stomach, with griping, and loose, yellowish, fetid evacuations.

Dose.—One drop every four hours.

Or *Chamomilla*, if the tongue be red and cracked, or loaded with a yellowish coating; nausea, and eructations; bitter or sour vomitings, with tension and pressure in the *hepatic* region; loose, greenish, sour evacuations, resembling beaten-up eggs.

Dose.—One drop every four hours.

The diet should be of the mildest kind, consisting of small quantities of chicken broth, tapioca, sago, or arrowroot.

#### HEPATITIS—ACUTE INFLAMMATION OF THE LIVER.

The liver is an organ which is susceptible both of acute and chronic inflammation. Both forms are rare in this country, but of frequent occurrence in hot climates; and, on the whole, difficult of diagnosis.

The acute form of inflammation of the liver is generally preceded by some degree of rigors. To these succeed an increase of heat, and quickness of the pulse. There is pain, more or less acute, in the region of the liver, which is increased on pressure, by deep inspiration, or on coughing. The urine is scanty,



high-coloured, and frequently tinged with bile; the countenance looks jaundiced; the tongue is generally covered with a white crust, and, together with the mouth and fauces, is extremely dry. A patient so affected lies with greater ease and comfort on the right than on the left side.

**SYMPTOMS.**—The symptoms of acute hepatitis vary somewhat according to the particular part of the liver which may happen to be the seat of the disease.

1. If the inflammation attack the convex surface of the gland, so that the peritoneum becomes affected, the pain is much increased by external pressure; and there is frequently a perceptible swelling to be observed in the right hypochondriac region. There is also an obscure pain felt in the back; and, more or less, functional disturbance of the stomach, indicated by nausea, hiccup, and vomiting. The breathing is not particularly affected.

2. If that part of the organ be diseased which is more immediately contiguous to the diaphragm, it gives rise to difficult and painful respiration; to dry and frequent cough; to acute shooting pains in the chest, which extend to the collar-bone and shoulder-blade. Such symptoms are apt to lead an incautious person to a wrong diagnosis, making him attribute them to pleurisy or pleuro-pneumonia. They are, however, to be distinguished by a careful attention to the history and progress of the complaint.

3. If the left lobe, or under-surface of the liver, which is in close proximity to the stomach, be affected,

we then have a constant and extremely irritable condition of the last-named organ, indicated by violent retching and vomiting. In most cases of acute inflammation of the liver, there is increased secretion of bile, which frequently terminates in jaundice.

**TERMINATION.**—This disease may terminate in four different ways.

*First.*—By *resolution*: by which we mean the dispersion of the inflammation, and the restoration of the functions of the organ to their healthy condition. When such a termination takes place, we have, “as indices,” from the third to the seventh day—diminished fever; bilious diarrhœa; an escape of blood from the hæmorrhoidal veins; a free perspiration, and copious sediment in the urine.

*Secondly.*—In chronic inflammation.

*Thirdly.*—In diffused or circumscribed abscess: by which we mean the deposit of matter throughout a certain portion of the minute structure of the organ, or its accumulation within a given space, forming for itself a sack or cavity.

When such a termination takes place, the patient is troubled with frequent rigors; with an accession of fever towards night; with flushes, profuse perspiration, and other symptoms of hectic fever. Following these symptoms, we have a cessation of the acute pain; and there is a distinct throbbing, pulsating sensation, and heaviness in the seat of the disease—an invariable indication that matter has formed.

*Fourthly.*—In gangrene: by which is meant de-

composition, or the death of some part of the organ.

CAUSES.—Acute hepatitis may be produced by any of those causes which generate inflammation in general; also by biliary concretions; by the violent operation of emetics; by external injury; by intense heat; by the effects of hot climates; and by the long-continued and intemperate use of spirituous liquors, &c.

TREATMENT.—The principal remedies employed to subdue acute inflammatory action of the liver, are *Aconite*, *Bryonia*, *Merc. sol.*, and *Nux vom.*

*Aconite*.—The well-known *antiphlogistic* properties of this medicine, indicate it as one of the primary remedies in inflammation in general. The provings of *Aconite* likewise indicate it as one of the chief remedies to be selected in the acute stage of hepatitis, as illustrated by the following symptoms:—bilious vomiting; a foul and bilious coating upon the tongue; a painful feeling of swelling in the pit of the stomach, and shortness of breath; severe constriction; tightness; pressure; fulness and weight in the region of the liver; a tense, painful swelling under the ribs, with pricking pain in the liver and bowels; constrictive pain in the region of the gall-bladder, which impedes respiration. Added to these, we frequently have jaundice, with white stools, and red urine.

DOSE.—One drop every two or three hours, till the symptoms are subdued, or till the pulse shews a considerable diminution in the number of its beats.

*Bryonia* is particularly indicated when the convex surface of the liver is inflamed, affecting the peritoneal covering; when the pain is of a stinging, tensive, and burning nature (increased on pressure), with hardness and swelling of the organ.

Dose.—One drop every three to four hours.

Should there exist, at the same time, considerable fever, with a full and rapid pulse, *Acon.* should be administered, in *alternation* with the foregoing medicine, every three to four hours.

*Merc. sol* should be selected if the patient complains of dull, aching pains in the right side; or pressive pains; pushing pains in the liver; or seated, sticking pains in certain defined localities in the region of the liver, attended with a feeling of soreness, as if ulceration were going on; when the tongue looks pale, and exhibits a slimy, grayish-yellow coating, with greenish or brown stools, sometimes relaxed, at other times torpid.

Dose.—One grain every three to four hours.

*Nux vom.* should be selected against shooting or pulsating pains, with great tenderness over the region of the liver when pressed, accompanied with nausea, vomiting, sour or bitter eructations; dyspnœa, with a feeling of pressure under the floating ribs of the right side; constipation, and high-coloured urine.

Dose.—One drop every three hours, till the patient feels relieved.

A piece of spongio-piline (poultice), sufficiently large

to cover the whole region of the diseased liver, should be kept constantly applied to the part, first saturated in a hot solution of *Aconite* and water, of the following strength—viz., two drachms of the tincture to one pint of boiling water.

In constitutions of a robust nature, and where the reaction is sufficiently strong, the cold compress might be advantageously substituted, saturated with the same medicament.

#### CHRONIC OR ADHESIVE INFLAMMATION OF THE LIVER —CIRRHOSIS (LIVER COMPLAINT).

Chronic inflammation of the liver may take place as the sequel of the acute form; or it may arise from structural disease of that organ, such as the deposit of *tubercles*, *cancer*, *hydatids*, fatty degeneration, and *melanosis*; or from effusions of blood, termed hepatic apoplexy; and from intemperance, which appears to be the most common cause, and constitutes what is familiarly known as the gin-drinker's liver.

In the generality of cases of this kind, the attack is so gradual, and the symptoms at the commencement so very obscure, that they remain, for a considerable time, unobserved by either patient or practitioner.

**SYMPTOMS.**—The symptoms of chronic inflammation of the liver, according to "Dr. Guy," are marked by dyspepsia, loss of appetite, flatulence, and by a feeling

of fulness and distension in the stomach. At length, a perceptible impairment of the general state of the health takes place, followed by a sense of weight, and dull pain in the region of the affected organ, which is increased by deep pressure, or by lying on the left side, accompanied with palpable enlargement, and hardness of its structure. Or, there is pain referred to the right shoulder; the countenance becomes sallow; the patient is torpid, inactive, and desponding; the functions of the whole system are greatly disturbed, and fail in performing their ordinary duties; the bowels become obstinately costive; the stools pasty, and clay-coloured; a series of attacks of jaundice set in; the urine is high-coloured, and scanty; followed, after a time, by general dropsy, which closes the scene.

In the early stage of adhesive inflammation, the liver is considerably enlarged, caused by the serum and lymph effused within it. After a time, the watery part of the effusion is absorbed, the fibrine contracts, the small twigs of the portal veins are compressed by the new tissue; and the lobular substance of the liver, receiving less blood than it should do, wastes. The consequence of all this is, the liver diminishes in size; and in protracted cases, from the small quantity of blood it contains, and the wasting away of the lobular substance, it is much smaller than in its normal proportions.

**TREATMENT.**—In the treatment of chronic inflammation of the liver, our first object should be to

subdue existing inflammatory action; secondly, to relieve and promote a more equable circulation through the portal system; thirdly, to improve the general health.

The first indication may be fulfilled by the administration of *Aconite*, one drop every three or four hours, till the inflammatory symptoms have subsided. The functions of the liver should, at the same time, be stimulated to increased action by the administration of *Podophyllum*,  $\phi$ , three drops for a dose, and repeated three times a day, till a perceptible increase in the flow of bile takes place.

Or *Colocynth*, if there are stitching pains in the liver, with costiveness, and frequent straining; with expulsion of hard, round fæces, like marbles; and tympanitic distension of the abdomen.

Dose.—One drop every four hours.

Or *Nux vom.*, should there be throbbing pains; fine stinging pains; or creeping chills in the region of the liver, with constipation, attended with a good deal of ineffectual and frequently-repeated straining; fæces pale and lumpy.

Dose.—One drop every four hours.

In the more chronic forms of the complaint, and in cases where the constitution has been broken down by a series of attacks brought on by a residence in hot climates, or by the constant use of spirituous liquors; and where it has been further impaired by the reckless administration of calomel and drastic

purgatives—recourse should be had to such remedies as *Acid. mur.*, *Acid. nit.*, and *Sulphur*; to change of air; and the immediate removal from a hot to a cold climate; to the waters of *Karlsbad*, *Marienbad*, *Kissingen*, *Homburg*, *Vichy*, or *Ems*,\* all of which contain free carbonic acid gas, and hold in solution the *carbonates*, *sulphates*, and *chlorides* of *sodium*, which, when taken in large quantity, find their way through the walls of the portal vein, and give rise to an abundant secretion of thin, healthy bile.

The acids should be taken in five or six-drop doses of the first or second decimal dilution, dissolved in a wine-glassful of water, and repeated three or four times in the day.

*Sulphur* should be administered when there are *shooting* pains in the liver; with obstinate or old-standing constipation and piles; the stools hard, dark, and dry—expelled with difficulty and great straining.

Dose.—One drop three times a day.

The functions of the skin should be stimulated by the use of a Turkish bath, once or twice a week; by sponging the body, night and morning, with cold or tepid water, in which some of Tidman's sea-salt, or vinegar, has been mixed; of about the following proportions:—two table-spoonfuls of the salt, or two-and-a-half of vinegar to each gallon of water.

\* For the medicinal virtues of these waters, see article on Mineral Waters, p. 115.



## ICTERUS—JAUNDICE.

This disease, according to Pliny, derives its name from the Greek, ἵκτερος, the golden thrush; the sight of which was supposed, by the ancients, to cure the complaint.

There are few diseases, observes "Dr. Copland," the nature and morbid relations of which have occasioned greater diversity of opinions than jaundice. By some it has been viewed as a symptom of derangement, or of organic lesion of the biliary apparatus, more immediately dependent upon obstructed discharge, and upon absorption of bile. Others have considered it as independent of absorption of this secretion, and as the result of a morbid state of the capillary circulation. But, as the object of this Treatise is of a purely practical nature, we shall avoid entering upon a discussion of the merits or demerits of either theory, and confine ourselves strictly to the objects in view.

Jaundice has been defined as a yellowness of the eyes and skin, sometimes passing to a yellowish-green hue, or even to greenish-brown; the urine being of a saffron colour; the stools pale and clayey; and the course of the bile obstructed.

Jaundice may be produced in two ways:—

*First*, by some impediment to the flow of bile into the intestinal canal, and the consequent absorption of the retained fluid into the system.

*Secondly*, by a defective secretion on the part of the liver, so that the constituents of the bile are not separated from the blood.

The symptoms of jaundice vary somewhat in different individuals; but, in the generality of cases, we meet with languor and inactivity of the system; a depraved and sometimes diminished appetite; a bitter taste in the mouth; a feeling of uneasiness or pain in the right region of the liver; a yellowness of the conjunctivæ (white of the eye), and whole surface of the skin. There is, in some cases, obstinate constipation, with a pale clayey consistence of the stools; in others, a diarrhœa, with a yellowish colour of the fæces. The urine presents a saffron hue, which tinges the linen with the same colour; there is nausea, and sometimes vomiting. In some severe and protracted cases, even the perspiration and saliva are yellow; and all objects seen by the sufferer are tinged with the same colour. The heart's action is considerably retarded in jaundice, the pulse falling 30 to 40 beats below its normal standard. The temperature of the body, in most cases, remains unchanged; there is considerable irritation of the skin, which, in many cases, spreads over the entire surface of the body, and is particularly troublesome towards night. In a few cases, the irritation confines itself to certain regions of the body, such as the arm-pits and thighs: it usually disappears after some days, or when the jaundice increases in intensity.

The duration of jaundice is very various, and may fluctuate between a few days and several years. The determination of the longer or shorter duration of the disease, depends principally upon its primary causes,

the persistency of which may vary, and which may, of themselves, help to bring about a fatal termination speedily or slowly.

CAUSES AND TREATMENT.—Jaundice, as we have already observed, is rather a symptom of disease than a disease itself; consequently may arise from a variety of causes, a knowledge of which is of great importance to those who undertake the treatment of such a disorder.

*Firstly.*—Jaundice may result from the stoppage of bile, owing to a torpid or congestive condition of the liver and bile ducts. This form is best combated by *Podophyllum*,  $\phi$ , three to five drops three times a day: or by *Merc. sol.*, one grain three times a day.

*Podophyllum* did good service in a case of this kind, which came under my notice May 12th, 1865. J. A., aged forty-seven, a cellarman, had had jaundice for ten days. His skin and eyes were perfectly yellow; tongue coated; bowels costive and clayey; urine scanty and thick, discolouring the linen of a yellowish colour; appetite bad. He took *Podoph.*,  $\phi$ , in four-drop doses, three times a day; and was discharged, cured, on the 26th of the same month.

*Secondly.*—Jaundice may be caused by a gall-stone becoming imbedded in the common biliary duct, and thus preventing the escape of bile into the intestine. A jaundice thus caused is generally of short duration, and disappears so soon as the stone has passed through the canal. This form is best treated by warm

baths, friction, the application of hot compresses to the affected part, and the administration of *Lycopodium*, one drop every one to two hours: or *Aconite*, at the same intervals, should any feverish or inflammatory symptoms present themselves.

*Thirdly.*—Jaundice may result from obstruction of the gall ducts; cancer of the liver or pancreas. In such cases the obstruction is generally permanent, and continues to the death of the patient. The treatment will be simply palliative.

*Fourthly.*—Jaundice may take place as the result of mental emotions, such as vexation, anger, or fright. Such a condition is supposed to take place owing to a sudden spasmodic closure of the bile ducts, or muscular coats of the *duodenum*, and so causing an impediment to the free passage of the bile.

This form of jaundice soon passes off under the administration of *Ignatia*, one drop every four hours; and is but seldom attended by serious consequences.

*Fifthly.*—It is recorded, that jaundice, of a severe form, may follow the bite of venomous reptiles. This was observed by Dr. Mead, an old English physician; and even so far back as the time of "Galen" (A.D. 200), who records the case of a slave who became intensely jaundiced from the bite of a viper.

It is more than probable that the sudden shock (fright) given to the nervous system, producing, as in Cause 4, spasm and occlusion of the biliary ducts, was the chief cause of that form of jaundice observed by those illustrious physicians of another age; conse-

quently *Ignat.* would be the remedy under such circumstances.

*Sixthly.*—Jaundice may result from constipation of the *duodenum*, or transverse portion of the colon, caused by the loaded intestine pressing on the biliary canal. This form soon disappears on the administration of proper remedies. (See Treatment of Constipation, Part III., p. 59.)

*Seventhly.*—New-born children are very subject to a temporary form of jaundice. It usually appears soon after birth, and lasts one or two weeks, or even longer. It is, however, quickly removed by either *Chamomilla* or *Merc. sol.*—a dose night and morning.

*Eighthly.*—*Pregnancy* may also give rise to certain forms of jaundice. Such a condition most frequently takes place during the later months; and is caused by the distension of the womb, or by the accumulation of faecal matter in the transverse portion of the colon, acting as a foreign body, and pressing against the bile ducts with sufficient force to impede the further flow of bile.

The same form of jaundice may take place during the early months of impregnation; which is generally traced to sudden emotions of the mind, as fright, &c.; and is as quickly removed by the administration of *Ignat.*—a dose three times a day.

The jaundice of pregnancy is best combated by the lady reclining, as a rule, on the left side, and in a half-sitting posture; and the jaundice of constipation by

*Nux vom.*—a dose every four hours. This failing, by the administration of an *enema* of soap and water; to which may be added a table-spoonful of salad oil.

#### DIET AND HYGIENE.

The diet of jaundice should be light, and easy of digestion—consisting of a moderate use of lean, fresh meat; avoiding all fatty substances, strong heavy wines, and spirituous liquors. Mental excitement, bodily fatigue, and anything that may have a tendency to produce sudden mental depression, should likewise be avoided.

In jaundice from congestion of the *portal* and hepatic veins, and from inactivity, and chronic congestion of the liver, recourse should be had to regular and active exercise on foot and on horseback; to travelling and change of air; to the occasional use of the Turkish bath; to a wet compress placed over the region of the liver; and to the mineral springs of *Pullna*, *Seidschütz*, and *Kissingen*. The beverages should consist of cow or goat's whey, a light claret, or the Hungarian *Edenburg*.

## PART VI.

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### A BRIEF SKETCH OF THE MINERAL SPRINGS PRESCRIBED IN THIS WORK; THEIR RE- SPECTIVE LOCALITIES, AND MEDICINAL PROPERTIES.

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THE springs at Karlsbad, in Bohemia, are *thermal*, their temperature varying from 122° to 197° Fahrenheit. They contain free carbonic acid, sulphate and carbonate of soda, chloride of sodium, the carbonate of lime and magnesia, with traces of iron, manganese, strontia, phosphate of lime, iodine, bromine, &c.

They are much resorted to for biliary and calculous affections; for all obstinate cases of induration, tumefaction, tenderness and sluggish action of the liver; for obstruction of the mesenteric glands; and in those engorgements of the spleen, and distended state of the splenic vessels, which are much more common in women, especially of the higher classes, than it would well be credited. The season for drinking the waters at Karlsbad begins in May, and ends in September.

Marienbad is also in Bohemia, distant about twenty miles from Karlsbad. There are two principal springs at Marienbad—the Kreutzbrunnen and the Ferdinand-

strunn. The former is the one most resorted to. It contains a large quantity of free carbonic acid, and, in the imperial pint, 75·442 grains of solid matter, which consists chiefly of sulphate of soda, with a little chloride of sodium and carbonate of soda, and a small quantity of carbonate of iron.

The medicinal virtue of the *Kreutzbrunnen* water is particularly conspicuous in all those disorders by which the digestive organs are affected; in the chronic and complicated forms of dyspepsia, hypochondriasis, and general debility of the stomach. It is *diuretic* and aperient, and appears to exercise considerable control over the heart's action and pulse. At first it seems to disturb both; but as soon as its effects on the bowels is established, the action of both return to their normal state. The temperature of this water is about 54° of Fahrenheit; is agreeable and refreshing, with a slight sub-acid taste.

KISSINGEN is the name given to what was once a small village, but now a considerable sized town. It is situated in the kingdom of BAVARIA, in the centre of a beautiful valley, surrounded by green and flowery meadows, fruitful corn-fields, with gentle slopes and steep mountains forming a background, whose sunny sides are planted with luxuriant vines. It is distant forty-three German miles from MUNICH, nine from WURZBURG, and seventeen from FRANKFORT.

The celebrity of KISSINGEN rests on three springs, the most important and celebrated of which is that called the RAGOCZY. This contains a large quantity



of free carbonic acid, and 95·76 grains of solid matter to the imperial pint. These solids consist, for the most part, of chloride of sodium (70·768 grains), with chloride of magnesium (7·543 grains), carbonate of lime (4·034 grains), carbonate of iron (0·707 grains), bromide of magnesium (0·789 grains).

*Medicinal Virtues.*—These waters have gained a wide-spread celebrity in every phase of a disordered stomach—from the mere want of appetite, and oppression after eating, to the most complicated derangement of the various abdominal processes which constitute digestion. In chronic congestion of the principal viscera of the abdomen, the stomach, liver, spleen, kidneys, the mesenteric veins, the hæmorrhoidal veins, and in cases of an irregular distribution of that fluid to those organs which characterise the female constitution, the RAGOCZY water has acquired great reputation. In all those impurities which collect in the intestines; in constipation, and in enlargement of the liver, brought on from having lived too *hard*, whether in England or in the tropics, the water of this celebrated spring exercises a most salutary effect. In a word, the waters are laxative, tonic, alterative, and deobstruent.

HOMBURG, the capital of the grand duchy of HESSE, is situated in a beautiful country, near lofty mountains, on the LAHN, and about nine miles from FRANKFORT. There are four springs here, the most frequented of which is called the ELIZABETH, which contains a very large quantity of chloride of sodium,

and is strongly charged with carbonic acid gas—about forty-eight cubic inches of carbonic acid in the pint of water. The medicinal virtues of the HOMBURG waters are applicable to the same class of diseases as those of KISSINGEN.

The waters of VICHY, in central France, are, perhaps, the most celebrated in the world. They owe their virtues almost exclusively to bicarbonate of soda, which they contain in large quantity, along with much free carbonic acid. There are eight springs at VICHY, three of which are thermal; one of them—the PUTTS CARRE—having a temperature of 113° Fahr.

EMS, in the duchy of NASSAU, boasts of no less than fifteen springs, all of which are thermal, and found within an area of about 109,680 square feet; and they yield, in the course of twenty-four hours, 12,400 cubic feet of water, at a temperature varying from 19° to 44° of *Reaumur*. These waters are very similar to those of Vichy, containing a large quantity of bicarbonate of soda, with free carbonic acid. The most celebrated of these springs is the *Kasselbrunnen*, which has a temperature of 114° to 118° Fahrenheit, and is placed in the centre of the semi-oval part of a low and dark vestibule, supported by square columns, which resemble those of some of the old-fashioned theatres in Italy.

*Medicinal Virtues.*—The waters of Ems, like those of Vichy, are recommended in cases of chronic indigestion; jaundice, which owes its origin to chronic congestions of the liver; with obstinate catarrh of the

bile ducts, mucous membrane of the stomach, duodenum, and other portions of the intestines.

That portion of the Austrian empire designated by the name of *Bohemia*, can boast of having no less than 177 mineral springs within its area, publicly known and resorted to by persons from every quarter of the civilised globe. On the verge of the verdant and fertile district called Leimeritz Kreis, stands the village of Pullna, close to which are the wells from which the mineral water is obtained: these are not a natural occurrence, but are dug by the peasants, who drink no other. At first, the water which appears in these wells or pits, from ten to twelve feet deep, is not at all bitter; but after the lapse of a few weeks it becomes so; and it then acquires those specific qualities for which it has gained so great a celebrity, under the name of *Bitterwasser*, or Pullna water, each pint of which contains about 188 grains of solid ingredients, consisting of sulphate of potass, carbonate of magnesia, alumina, silica, and carbonic acid gas.

The medicinal properties of the Pullna water are alterative and purgative, and an excellent restorer of the lost functions of digestion and the liver.

SEIDSCHUTZ lies in a plain of the same geological formation as that of Pullna, and not far from it. It has from ten to twelve springs of mineral water, and contains, in addition to the ingredients found in the Pullna waters, a considerable proportion of nitrate of magnesia. Both waters have a bitter smack, and possess aperient and deobstruent properties.

## PART VII.

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### A FEW WORDS ON SOME OF THE HUNGARIAN WINES; THEIR CHEMICAL CONSTITUENTS; THEIR NOURISHING, INVIGORATING, AND HEALTH-GIVING PROPERTIES; AND THEIR MEDICINAL VIRTUES IN VARIOUS FORMS OF DISEASE.

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WHEN the Right Honourable William Ewart Gladstone, M.P., Chancellor of the Exchequer, tore asunder the shackles of prohibitory duty, which for 200 years had existed as a standing *incubus* to the progress of commerce and the development of trade, and, with one dash of his pen, placed within the reach of the most humble of her majesty's subjects, the PURE, INVIGORATING, and UNADULTERATED wines of HUNGARY, he conferred an inestimable boon on humanity, and raised for himself a name which will stand pre-eminent in the annals of his country, and adorn, with increased lustre, the brilliant and immortal roll of British legislators.

It is now nearly three years since my attention was first directed to the wines of Hungary, by a gentleman who had derived great benefit from their use in a complication of disorders affecting the *chylo-pœietic*

viscera. A visit which I shortly afterwards paid to the Hungarian Wine Vaults,\* City, convinced me that wines grown on the banks of the Danube and its tributaries, might unhesitatingly be compared with, if not excel, the highest-classed wines obtained from the vintages on the banks of the Rhine, the Seine, and the Douro ; and at a much more moderate price.

Hungary, the land of the Magyar, has always stood in the foremost rank as a wine-producing country, and can boast of no less than about 200 different samples, which vary in price from the red Erlau, at 15s. per dozen, to the white Imperial Tokay, at 84s. These wines possess qualities which may be considered as peculiarly their own: they stand *unique* for the fragrancy of their BOUQUET (bringing before one's imagination the essence of exotic flowers and honey), their delicacy of flavour, their soundness, their nutritious and restorative properties, their medicinal virtues, and their high alcoholic standard.

To the anxious physician who stands bewildered at the bedside of his patient, and whose inventive faculties have been sorely taxed to select some new nutrient-stimulant, to cleanse the furred and flabby tongue ; coax the fastidious appetite ; rouse the sluggish liver ; call into action the torpid bowels ; enrich the impoverished blood of the chlorotic maiden ; stimulate and invigorate the vital powers when stricken down by fever, cholera, diphtheria, and other exhausting

\* These wines can be obtained, in their greatest purity, at 7, Mincing Lane, City.

diseases; and restore the lost powers of the *impotent*—the Hungarian wines will prove his best friends, and should invariably be selected as substitutes for the gouty old Port and fiery Sherry.

The class of wines which have hitherto more particularly attracted my attention, and which I have for the last three years been in the habit of prescribing for my patients, are such as bear the following strange names—at all events, strange to British ears—namely, Carlowitz, selected as set down in Mr. Max Greger's price list: Ofner Auslese; Somlau; Ruster Ausbruch, dry; Edenburg; and Imperial Tokay.

1. The Carlowitz is a red, full-bodied, sub-astringent wine, of a somewhat dry character; specific gravity about 996; alcoholic strength about 21; and holds in solution, according to the analysis of Kletzinsky, Liebig, and Hofmann, phosphoric acid and iron.

The Austrian and Hungarian physicians consider it as highly nutritive, and tonic; and generally prescribe it in the convalescent stage of fevers, cholera, dysentery, &c.

In the primitive pharmacy of the Hungarian peasant it occupies a prominent position as a specific for piles; and if I am rightly informed that the vine from which this wine is extracted takes root in a soil now the remains of an ancient crater, I can only attribute its curative properties over hæmorrhoidal affections, to the presence of *Sulphur*, which it undoubtedly contains, and which has hitherto

escaped the searching analysis of these eminent chemists.

I have myself prescribed this wine with marked success in debility and exhaustion of the body, arising from the effects of fevers, and other debilitating causes; and particularly in old-standing hæmorrhoidal affections, attended with that passive hæmorrhage from the rectum, indicative of a lax condition of muscular fibre and blood-vessels.

2. The Ofner Auslese is another red wine, but of a full, smooth, and delicate flavour: alcoholic strength, 23. Is prescribed by the Hungarian physicians for diarrhoea arising from debility; for relaxed sore throat; for amenorrhœa; for suppression of milk; and frequently in chlorosis.

I have often prescribed this wine, with great benefit, in general debility of the system; in passive hæmorrhage from the rectum, attended with considerable discharge of mucus. I have likewise found it of infinite service in general ænemia, and the chlorotic condition of young women. Dr. Druitt, in his interesting little work on cheap wines, says—"I should be inclined to recommend a good Ofner as I would a good Bordeaux, to any patient whose veins wanted filling with good blood." It is to be hoped Dr. Druitt will exercise sufficient influence over his colleagues as to induce them to prescribe this blood-enriching wine, in preference to the filthy compounds of iron which young and delicate maidens are compelled to swallow by the pound and by the gallon.

3. The Somlau is a sound, dry, firm, white wine, with remarkable flavour: alcoholic strength about 21. This wine, according to the opinion of an eminent Austrian physician, possesses *aperient* properties; and is frequently prescribed as an adjunct in retention of urine, and difficult micturition, which do not arise from renal inflammation, or from pyelitis.

I have frequently prescribed this wine to those of my patients who consult me for chronic constipation; and, I think, with considerable benefit.

4. The Eödenburg stands pre-eminent for the excellence of its flavour, its delicacy, and remarkable soundness. It is a white wine, with a slight smack of Muscatel flavour: alcoholic strength about 20; and constitutes within itself one of the most "elegant" wines ever grown; and which may well compete with any of the high-classed Rhenish wines.

With the Hungarian physicians this wine is highly esteemed, and is prescribed in various forms of dyspepsia; a weak and languid circulation; derangements of the liver, and hypochondriasis.

To the dyspeptic, the hard liver, the literary man, the city merchant, and the Indian officer, who returns home with a shattered constitution and diseased liver—whose general habits and daily pursuits compel him to partake of some stimulant—I know of no more innocent, no more refreshing nor nourishing beverage than the wine which I have ventured to designate the "Elegant Eödenburg."



5. The Ruster Ausbruch, dry. If I have ventured to designate the Oedenburg as an "elegant" wine, I think I may venture to denominate the Ruster as a "magnificent wine." This is likewise a white wine, with great fulness, great body, dryness, a most remarkable fragrance, and a magnificent wine flavour. In a word, a sip is a nosegay.

It is prescribed by the Hungarian physicians in dyspepsia, and as a restorative after intermittent fever.

6. The Imperial Tokay stands foremost in the list of white Hungarian wines; and may well be designated the "prince of wines." It is grown near the town bearing the same name, and is considered one of the finest and most expensive in Europe.

It owes this superiority partly to the climate, partly to the great care taken in the selection of the grapes, and partly in the preparation of the wine. The vines are raised on a range of low hills, called the *Hegyallya*, which are about twenty miles in extent, and yield three kinds of wine. The first, called *Ausbruch*, is obtained at the usual vintage season, which is about the end of September, and extracted from the grapes which grow on the outskirts of the district. The second, so called, Imperial Tokay, is obtained from the centre of the same district. The harvest commences about the end of November, on a certain saint's day, established by law made in the reign of the Empress Maria Theresa, Queen of Hungary. The grapes are plucked, one by one, with great care, when

full ripe, and frequently when the snow is on the ground, which is supposed to give them a still more luscious flavour; they are then placed in a vat, and the essence is obtained by the application of slight pressure only. The third, called Maslas, is obtained by applying still greater pressure to the same grapes, and is considered superior to many of the common wines.

The character of Tokay is that of an exceedingly rich, mellow, luscious, and aromatic flavour, resembling somewhat a first-class *liqueur*. The colour is that of a delicate pale amber.

The Imperial Tokay is largely prescribed by the Austrian and Hungarian physicians in chronic metritis; in the second and third stage of consumption; in nervous debility; in impotency; and in loss of virulence, particularly in old age.

Apart from the medical purposes to which these wines are so well adapted, I cannot too strongly recommend them for general use, in lieu of those adulterated and filthy compounds, so long known to the British public as crusted old Port and golden Sherry.

## APPENDIX.

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### COMMENDABLE ARTICLES OF DIET

#### FOR PERSONS OF VERY DELICATE DIGESTION.

HAVING offered a few general remarks on diet, I think there is another exigency for which we are in a measure called upon to provide.

It is a constant subject of complaint amongst dyspeptic patients, that not only are articles of diet in general use apt to disagree with them, and to cause severe suffering after every meal, but that the appetite is constantly so fastidious, that although they *feel to want something*, and are conscious of a *sensation of sinking and faintness* for want of food, yet they can eat nothing which is set before them.

Acting upon this impression, it has been determined to add a few brief directions for the preparation of various dishes which may be offered to invalids under all circumstances (excepting, of course, those of a very active, inflammatory condition).

Before I enter upon this branch of my subject, however, I would add one caution—namely, that although I shall name a number of *fluid* dishes, such as *broths, &c.*, yet *solids* should almost invariably be preferred, if the patient can be induced to take them.

#### BROTHS, SOUPS, ETC.

*Beef-Tea—Two Varieties.*—There are two excellent methods of making a plain beef-tea, to which may be added some *wholesome vegetable*, or such articles as rice, pearl barley, semolina, sago, vermicelli, &c., to thicken, if preferred.

1. Take one pound of the lean of prime beef, which cut into

small pieces ; place the meat so cut into a hollow dish, and add just enough cold water to moisten it (*from a jug previously containing a little less than two pints of water*) ; allow the meat so moistened to stand aside, covered over, for three-quarters of an hour ; then add a teaspoonful of salt, stir well, and pour in the rest of the water (*from the jug just mentioned*) ; stir again, and place the whole in a stew-pan upon the hob, so that it may just rise to simmering heat. As soon as the liquor begins to simmer, skim all the dross which may appear on the surface ; allow the liquor to simmer for about fifteen minutes—pour off into an open pan—pass three sheets of clean white paper over the surface—strain through a sieve—and serve up to the patient.

2. Take from two to three pounds of the leanest part of rump-steak—chop it very fine—then place it into a cylindrical tin or earthenware vessel, of which the outlet is small enough to be closed with a large cork, adding just water enough to moisten the meat—place the vessel in a stew-pan full of cold water, so that the upper extremity rises above the surface ; then put the stew-pan on the hob, near the fire, with a thermometer in it, observing it frequently, lest the quicksilver rise above 180° (Fahrenheit). Maintain the same temperature for forty-five minutes ; then remove and empty the vessel containing the meat and liquor, which strain through a hair sieve, pressing all the moisture from the meat with a small plate, spoon, or press. The liquor obtained may then be seasoned with a little salt to taste, and be served warm at any time within forty-eight hours. After that period it must be prepared fresh again.

*Mutton Broth.*—Mutton broth, like the foregoing, may be taken either plain or thickened, according to the taste of the patient. The best Bermuda arrowroot, or Leath's farinaceous food, may be named as very palatable ingredients for thickening.

Procure twelve ounces of the scrag end of neck of mutton ; strip off all fat and skin ; bruise thoroughly the meat and bone together with a chopper ; then place the meat in a hollow dish, with just enough cold water (*from a vessel previously containing three half-pints*) to moisten the solid matter ; add a

teaspoonful of salt; cover over with a flat dish, and set aside for three-quarters of an hour; then remove the liquor and meat into a stew-pan, and add the *remainder* of the water; place the stew-pan upon the hob, close to the fire, until the contents just simmer, when begin to skim (as directed for beef-tea). Maintain the simmering heat for an hour and a-half, and strain through a hair sieve.

*Veal Broth.*—Veal broth is barely palatable without the addition of a little vegetable. I will therefore suppose it to be prepared in that way, although the vegetable may be omitted, and a teaspoonful of lemon-juice introduced instead.

Procure twelve ounces of good knuckle of veal, quite fresh; strip off all skin and fat; bruise the meat and bone together with a chopper—place in a hollow dish, and add a teaspoonful of salt and just cold water enough to moisten the meat (from a vessel previously containing a quart); cover over, and stand aside for twenty minutes; then add the *remainder* of the water (from the vessel just mentioned); put the whole into a stew-pan on the hob, close to the fire; watch until it simmers, when begin to skim as directed for beef-tea. Maintain the liquor at just simmering heat for an hour and a-half, skimming continually; then pour off—strain through a hair sieve—and prepare the vegetables. [If no vegetable is to be used, cut up two very thin, crisp slices of dry toast into small pieces—put them into a large breakfast-cup or small broth-basin—fill up with the hot liquor—add ten drops of lemon-juice, and serve.]

*Chicken Broth.\**—Chicken broth may be either served *plain* or *thickened*. If plain it will always require a few slips of thin,

\* A popular substitute for Chicken broth, in some parts of the continent (where it has even been employed *remedially* for persons of very *exhausted* health), is *Snail broth*. This is prepared from the large grey garden snail, which may be freely caught in hot dry weather, by inverting a flower-pot (one edge raised, and resting on a tile) over half a shovelful of *brewer's grains*. The snails are taken from the shells by breaking the latter; and about a dozen and a-half are equivalent to the *half chicken* above prescribed for Chicken broth. In all other respects the same method of preparation applies.

crisp, dry toast, to render it palatable; for, otherwise, it is exceedingly insipid.

Take a full-grown young chicken, picked, drawn, and *skinned*—cut it in halves—and to one-half add half a pint of water—place in a hollow dish or basin—cover over, and set aside for twenty minutes; then add a teaspoonful of salt, and a pint more water—place the whole, in a clean saucepan, upon the hob, near the fire; watch until it simmers, and immediately begin to skim, as directed for beef-tea. Maintain at a simmering heat for an hour and a-half, skimming continually—pour off and strain through a hair sieve—and the broth is ready to serve.

#### GRUEL.

Gruel may be prepared either from (1) fine oatmeal, (2) *prepared groats*, or (3) *Leath's farinaceus food*.

In either of the cases, the method of preparing is as follows :\*—Take of the oatmeal or groats three teaspoonfuls, or of farinaceous food two dessert-spoonfuls—place in an open basin; set apart about half a pint of water—pour the water, *a little at a time*, on the *groats*, &c.—rub down with a spoon, so as to be thoroughly mixed and smooth; proceed thus until all the water is added. Then place the whole in a clean saucepan on a very gentle fire, and continue to stir gently until it boils. Allow it to boil about three minutes, still continuing to stir; then pour out upon a dessert-spoonful of the best moist sugar in the basin in which it is to be served—mix thoroughly—and serve *promptly*.

A little slice of thin dry toast, and in cases in which *no fever is present*, a table-spoonful of sound sherry, may be added.

*Note.*—*Either of these varieties of gruel may be prepared partly or entirely with MILK, if preferred.*

#### ARROWROOT.

Arrowroot may be prepared either with water only, with

\* It is recommended by some, *besides* the sugar, to use about a teaspoonful of salt. If the patient prefer it so, it may be allowed; but I should always advise the *omission* of the salt.

part water and part milk, or with milk only. The choice of these methods should be dependent upon the taste of the patient, and on the consideration whether or not milk be found to agree.

Take of the best Bermuda arrowroot a dessert-spoonful—put it into a large cup, and add by degrees two table-spoonfuls of cold water (or milk, as the case may be); mix thoroughly until perfectly smooth; then add a little more than half a pint more of water (or milk); put the whole into a clean saucepan—place on the fire, and continue stirring, until it has *boiled* about four minutes; then pour out upon a dessert-spoonful of the best moist sugar, mix thoroughly, and serve *promptly*.

A table-spoonful of sound sherry or Edenburg may be added, if the patient prefer it, provided there be *no fever*.

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## PUDDINGS, PANADAS, JELLIES, ETC.

### RICE PUDDING BAKED, AND RICE-MILK.

*Rice Pudding, Baked.*—Take two table-spoonfuls of the best rice—place in a small basin—rinse in cold water; then pour off the water used for rinsing, and add a wine-glassful of clean cold water—cover over, and set aside to soak for three-quarters of an hour; then strain off, and dry thoroughly with a cloth. Next put the rice into a clean saucepan, with a little more than a pint of milk, and one or two very small slips of lemon-peel, and two or three bay-leaves, in a small muslin bag (so that they can be removed)—place on a gentle fire—and simmer until the rice is thoroughly softened; then remove from the fire, and when somewhat cooled, add the best part of two eggs, beaten up with two dessert-spoonfuls of the best moist sugar—pour into a hollow dish (previously greased with good butter)—and place in an oven at moderate heat for thirty-five minutes.

*Rice-Milk.*—Take the same quantity of rice as just directed, and treat in the same manner with cold water; dry, and put into a saucepan with rather more than a pint of milk—and

place upon a gentle fire, stirring occasionally, and keeping at a simmering heat until the rice is quite soft, and is thoroughly stewed to pieces ; then add sugar to taste, and serve.

#### VERMICELLI PUDDING—VERMICELLI-MILK.

Vermicelli should be mashed in cold water (just enough to moisten it thoroughly) before it is used, but twenty minutes will be found long enough for maceration in this instance.

*Vermicelli Pudding\** may be made by adding about three dessert-spoonfuls of vermicelli, as just described, to one pint of milk already boiling (and in which lemon-peel has been boiled for ten minutes)—boiling gently, and stirring for half an hour ; then adding the best part of two eggs, beaten up with a dessert-spoonful of moist sugar—and baking the whole in a hollow dish (previously greased with fresh butter) for twenty minutes.

*Vermicelli-Milk* is simply made by breaking up a good table-spoonful of vermicelli in a table-spoonful of cold water, as above directed—straining—and introducing it into a pint of boiling milk (in which lemon-peel has been boiled for ten minutes)—boiling together for fifteen minutes—adding sugar to taste—and serving promptly.

A table-spoonful of good sherry or Edeburg may be added to either of these dishes if preferred, provided *no fever is present*.

#### TAPIOCA, SEMOLINA, SAGO, ETC.

*In Puddings or Milk.*—Tapioca, Semolina, or Sago should be soaked in cold water in sufficient quantity to moisten it for twenty minutes before use.

*Puddings.*—Either of these articles may be made into baked puddings by taking about four dessert-spoonfuls—macerating in water—and adding a pint of boiling milk—proceeding in all respects as directed for vermicelli pudding.

\* Macaroni may be used in preference to vermicelli—if that is desired—by soaking about three ounces of it in cold water for forty minutes—straining, and adding to the pint of boiling milk. In other respects, the method is the same as above directed.



*In Milk.*—The same course should be adopted as directed for vermicelli (above), with this difference, that either of these ingredients should be simmered twenty-five minutes, being briskly stirred the while.

#### PANADAS.

Very palatable, nourishing, and digestible panadas may be made with or without an admixture of animal food (especially poultry).

*Panadas*, when made without meat (or poultry), may be prepared with *milk instead of water*, as directed below, when preferred, and known to agree.

It is also to be observed that either salt or sugar may be used—that is, where salt is directed to be used below, a dessert-spoonful of the best moist sugar may be substituted (unless flesh of any kind is introduced, when salt only must be used).

*a. Without Flesh.*—Take a stale French roll, or two rounds of stale household bread, and tear or rub it in small pieces into a stew-pan; then add just enough water to keep all the bread soaked; place the stew-pan on a gentle fire, keeping it continually stirred until it has boiled from five to ten minutes; then add two pinches of salt (and, if it be thought the stomach can bear it, a very small pat of good fresh butter); stir well again; meanwhile beat up the yolk of one egg thoroughly with about a wine glassful of milk; then lift the saucepan from the fire to the hob (so near as just to be retained at boiling heat)—and quickly pour in the beaten yolk of egg—stirring very briskly—and pouring off into the basin in which it is to be served.

*b. With Flesh.*—If flesh of any kind be used, that from the breast of a tender chicken (previously cooked, and cold) is the best; but in default of that, the *lean* of cold sirloin of beef, or loin of mutton, may be used. Take the other ingredients as before; then, with a fork, tear off the breast of a chicken, or cold meat, as directed, in very thin shreds, to two ounces in weight—pound in a mortar, with two table-spoonfuls of milk and half a teaspoonful of salt—add these ingredients to the bread and water, and proceed as before.

## BREAD PUDDING.

There are two kinds of pudding, both of which are very palatable and digestible, which I shall include under this head ; one of which may be made with (1) household bread—and the other, for very fastidious appetites, (2) with stale sponge-cake.

*Flavouring.*—In either case the subjoined methods of flavouring may be adopted or omitted at discretion : cut a thin slice from the centre of an *orange* (or in default of that of an *apple*), removing the pips and peel ; cut into very small slips, and mix with the eggs and sugar, as below directed.

*To make the Pudding.*—(1.) With bread.—Pour two breakfast-cupfuls of milk into a saucepan—in which sink a small muslin bag containing one or two small slips of lemon-peel ; place the saucepan on the fire until the milk boils ; then remove the lemon-peel, and add from two to three ounces of bread-crumbs previously rubbed down ; stir well ; meanwhile beat up two eggs with a table-spoonful of fine moist sugar, and pour gradually into the milk and bread—stirring briskly—transfer to a hollow dish (greased with good fresh butter) ; and bake at a moderate heat for forty-five minutes.

(2.) Take four sponge-cakes—place in a basin—and pour thereon about two breakfast-cupfuls of boiling milk (flavoured with lemon-peel as above ; see 1)—cover over, and set aside to soak for twenty minutes ; then add eggs and sugar beaten up as above (see 1)—pour off into a hollow dish, and bake as just directed (see 1).

## CUSTARD PUDDING.

Beat up four eggs with three dessert-spoonfuls of the best moist sugar—whip for two minutes ; meanwhile, boil three teacupfuls of milk (flavouring with lemon-peel,\* as directed for Bread Pudding, above)—and, when boiling, pour off upon the eggs beaten as above ; then transfer the whole into a hollow dish, and bake at a moderate heat for a quarter of an

\* The addition of one or two bay-leaves with the lemon-peel may generally be allowed.

hour or twenty minutes. This *pudding* must be constantly watched whilst in the oven.

## JELLIES.

Jellies, when they can be conveniently prepared, should be constantly kept where there are invalids.

They may be used either plain, or flavoured with a small proportion of wine, pale brandy, orange, quince, apple, or any other fresh, ripe, or preserved fruit.

Another method of rendering jellies tempting to persons of delicate and fastidious appetites, is to *interlay* the jelly with such fresh or preserved fruits—by pouring first a very small quantity of the plain *calf's-foot jelly-stock* (melted by gentle heat) into a basin or *mould*—allowing it to set—then depositing a thin layer of the fruit or preserve—then again adding a little more jelly—then (when that is set) a little more fruit—and so on.

If ice be at hand, and it be desirable to get the jellies ready quickly, it may be mingled with salt in a bucket or deep basin, in which the jelly-moulds may be sunk for more rapid refrigeration.

*To make the Jelly.*—The jelly itself may be made either from (1) good gelatine, or the best Russia isinglass, or from (2) calf's feet.

In using gelatine or isinglass for the jelly-stock, there is one advantage, which is, that it may be used *immediately*, whereas the jelly-stock from calf's foot should have been prepared at least eighteen hours.

(1.) To make jelly-stock from gelatine or isinglass, use three-quarters of an ounce of either to every pint of water—dissolve gradually by mixing in cold water in a stew-pan, placing the stew-pan on a gentle fire, and stirring from time to time until the liquor has *boiled away* to half its original measure; then strain through a jelly-bag—allow it to set—and re-dissolve when required for use.

(2.) *Calf's-foot jelly* is made by cutting up one calf's foot to every three pints of water which will be required, immersing

the calf's foot in a basin containing the proper quantity of cold water—covering over—and standing aside to soak for forty-five minutes ; then transferring the whole into a stew-pan—and placing it over a steady fire. The contents of the stew-pan should be made to boil by slow degrees ; and as soon as the boiling commences, the vessel should be moved from the fire, to a sufficient distance to keep it just simmering for about four hours (a little more or less, according to the waste), and skimming constantly ; after this, the liquor should be strained through a *fine hair sieve*, and set aside to cool until firm, after which all the greasy matter may be readily removed from the surface.

*Calf's-Foot Jelly for Table.*—Having obtained the stock jelly, as just directed, the simple calf's-foot jelly, as it is served for table, may be prepared as follows (assuming three pints of water to have been the quantity):—

Mix, in a stew-pan, a large wine-glassful of water, and the same quantity of sherry, in which squeeze from two to three lemons, adding the rind of one lemon, the white and shells of two or three eggs, and a quarter of a pound of the finest pounded loaf sugar ; whip these ingredients briskly until the sugar is thoroughly melted ; pour in the jelly (before prepared) just warm enough to be thoroughly fluid ; place on a steady fire, and continue whipping briskly until boiling succeeds ; then pour off, and strain through a jelly-bag, when it may be set aside in moulds to cool.

*Orange Jelly.*—This may be prepared either with the calf's-foot jelly-stock or isinglass.

Pare off the outer (coloured) rind of three oranges, and take a small slip of lemon-peel pared off in like manner ; place these in a hollow dish ; then squeeze the juice of the three oranges, and about a dessert-spoonful of lemon-juice, upon the rind ; cover over, and set aside for twenty minutes ; meanwhile, pound down two ounces of the finest loaf sugar, to which add half a tumblerful of water ; place in a very small stew-pan, over a gentle fire, until the liquor becomes thicker ; then add the juice and rind of the fruit (prepared as directed), and replace the vessel upon the fire, removing all scum very care-

fully, as soon as boiling commences; then, if the liquor be very thick, add a little more water; and, as soon as boiling begins again, add either half a pint of the stock jelly (previously melted), or three-quarters of an ounce of isinglass; stir well—and pour off—straining through the jelly-bag.

If it be preferred, and *no fever* be present, the addition of a table-spoonful of pale cognac brandy, or of two table-spoonfuls of Hungarian CEdenburg, before straining, may be allowed.

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## ANIMAL FOOD.

### FISH.

With respect to fish, one thing is very essential—namely, that it shall be *well done*, which can be easily ascertained by introducing the point of a knife close to the bone, and observing whether the flesh is readily separated.

In *boiling* fish, about a dessert-spoonful of salt should be added to every quart of water required.

If *fried*, a sufficient quantity of oil, or clarified dripping, should be used to float it; and when done, it should be removed on a perforated ladle, so as to drain quite dry before dished.

If *broiled*, the fish should be thoroughly dried before placed on the gridiron (which last should be slightly greased); it should then be placed over a *clear* fire.

In other respects, the general method of dressing fish applies.

### MEAT.

*Rump-Steak* should be very tender, cut thick, and stripped of all fat. It is generally as well to beat it once or twice, before cooking, with a rolling-pin. It should then be placed on the gridiron over a quick fire, and turned at intervals of a minute. It should not be allowed to broil more than seven minutes—five being enough in most cases.

*Mutton-Chops* should be taken from a choice loin, stripped of all fat, and broiled over a quick fire from five to seven minutes, being turned every minute.

## POULTRY.

*Chicken*.—A young, tender chicken is often a very inviting and wholesome dish for invalids, whether boiled or roasted.

If *roasted*, the chicken should be hung or placed on the spit, before a brisk fire, for about twenty to thirty minutes; when it has been down about five or six minutes, a small quantity of pure melted fresh butter should be poured over it.

If *boiled*—a sufficient quantity of water with a teaspoonful of salt should be made to boil in a saucepan—into which the chicken should then be placed, and thus gently boiled for about twenty-five minutes.

In either method, the breast only should be eaten by the patient.

*Partridges* may be roasted in the same way as chickens, but twelve minutes will suffice, if the fire be sufficiently brisk to do them properly.

*Larks*—three or four skewered together—may be served as a very inviting dish, on dry toast—if *broiled*, for five minutes over a brisk fire.

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FRUITS.

## APPLES.

Apples, when well cooked, furnish dishes which are not only palatable and tempting, but very wholesome, and which may be eaten by persons in the most delicate health, and even in the acute stages of stomachic disorders.

*Baked, Plain*.—Procure any highly-flavoured apples; cut them in halves, remove the core, refit them together, and tie them in pieces of thin paper, previously smeared with fresh

butter, somewhat loose ; then place them in the oven, at a moderate heat, for twenty-five minutes ; remove the paper, and grate some fine loaf sugar over them ; set aside to cool, and serve them when cold.

*Baked with Syrup.*—Take of the finest loaf sugar, half a pound ; of filtered water, eight table-spoonfuls ; boil down together at a gentle heat, in a small stew-pan, for a quarter of an hour ; then pare three apples, removing the core by boring—place them in a shallow tin—pour over them the syrup just prepared—add a wine-glassful more water, acidulated with ten drops of lemon juice—place in the oven at a moderate heat for thirty minutes—remove into a dish—set aside to cool—and serve cold.

*In Marmalade*, which can either be served as soon as it becomes cold, or may be preserved in jars.—Take eight moderate-sized apples\*—pare and remove the core—place in a basin, and squeeze over them the juice of a lemon. Then prepare a syrup by boiling down a pound of the finest loaf sugar with a tumblerful of water for twenty minutes ; when this is done, add the apple and lemon-juice, and keep at barely simmering heat until the apples are all reduced to pulp ; when this object is attained, submit the stew-pan to a greater heat—add a little grated lemon-peel—stir briskly and incessantly until it becomes thoroughly consistent—when it may be stored in jars—set aside to cool—and either served with bread, biscuit, and the like, or preserved.

*Stewed.*—Pare and quarter three or four apples—having first prepared a syrup as directed for "*apples baked with syrup* ;" add a teaspoonful of lemon-juice and three thin strips of lemon-peel ; put all ingredients together in a shallow stew-pan—and place over a very gentle fire, so that a barely simmering heat is maintained ; after they have stewed for fifteen minutes, pierce the apples with a fork from time to time to ascertain when they first become thoroughly softened ; as soon as this is the case, pour them off with the syrup—set them aside to cool—and serve when cold.

\* Such as will boil down to a perfectly smooth pulp.

## PEARS.

This is also a most delicious and wholesome fruit when properly dressed.

*Stewed.*—Take four winter pears, if they are to be got, such as “*iron pears*,” and proceed as directed for “*stewed apples*.”

## PEACHES.

*Stewed.*—Take four ripe peaches; peel them carefully—having first prepared a syrup, as directed for “*apples baked with syrup* ;” place the peaches in a shallow stew-pan with the syrup—add a teaspoonful of lemon-juice (and, if the syrup be too thick, two or three table-spoonfuls more water); then stew the whole at a very gentle heat (continually moving the fruit over and over very gently with a spoon) for about twenty-five minutes; take the fruit out and set aside in a dish; then stew the syrup at a quick heat until it becomes thick (say about ten or fifteen minutes)—pour it over the fruit—set the whole aside to cool—and serve when cold.

## CURRANTS AND RASPBERRIES.

Homely fruits, which are very easy of access, and very wholesome.

*Extempore Jelly.*—Take of red currants, perfectly ripe, fresh-gathered, two pounds; of white currants, in like manner, one pound (or of red currants only, three pounds); of ripe and small raspberries, three pounds; strip the fruit of all stalk—place in a stew-pan over a moderate fire, and boil for eighteen minutes; then pour off through a fine hair sieve, until the juice is quite strained off; then strain again through four folds of book-muslin; weigh the juice so obtained; then pound down the best loaf sugar to half the weight of the juice; to one half part of the juice, obtained as above, add Russian isinglass in the proportion of an ounce and a-half for every pound weight of the whole juice; expose in a small saucepan to gentle heat,



until the isinglass is thoroughly dissolved ; then add the rest of the juice and the sugar ; boil gently for fifteen minutes—strain through a jelly-bag—set aside in moulds or basins to cool and set—and serve in jelly-glasses.

*Summary of Proportions.*—To every pound weight of juice, half a pound of sugar, and an ounce and a-half of isinglass.

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### BEVERAGES.

Fruit syrups, such as currant, raspberry, orange, or lemon, mixed with water, are amongst the most pleasant of beverages for invalids, particularly in hot weather, or when fever is present, in the proportion of one to two dessert-spoonfuls of either of these syrups to a tumblerful of filtered water.

#### BARLEY-WATER OR BARLEY-TEA.

There are two excellent methods of making barley-water : (1) the one without boiling the pearl barley, and which is more properly called barley-tea ; (2) the other, which is certainly preferable, with boiling.

(1.) *Without Boiling.*—Take two ounces of the best pearl barley—spread on *one end* of a clean, soft cloth, fold the *other end* over, and rub gently over the barley grains—until upon examination you find them quite clean ;\* then place them in a clean porcelain vessel, capable of holding from a quart to a gallon of water—add two ounces of the best loaf sugar, finely pounded—and a quarter of an ounce of thin-pared lemon-peel ; sink the vessel in a basin, and pour boiling water into the basin to heat it ; then pour from a quart to a gallon (according to requirement) of boiling water into the vessel containing the barley, sugar, &c., stirring briskly for some minutes ; then cover the vessel over—remove from the basin in which it stood—and set aside to cool. In eight hours the liquor may be poured off through a fine hair sieve, and is fit for use.

(2.) *With Boiling.*—Take of the best pearl barley, two

\* They must not have been wet before the hot water is poured on.

dessert-spoonfuls—of the best pounded loaf sugar, two dessert-spoonfuls—of lemon-peel, one small slice—and of lemon-juice, one dessert-spoonful; clean the barley with a dry soft cloth, and place it in a well-polished stew-pan with about two quarts of cold water; as soon as the water boils add the lemon-peel, and remove all froth which gathers on the surface—add the sugar and lemon-juice—continue to boil until the barley is thoroughly softened—then strain off through four folds of muslin—and set aside to cool.

#### OATMEAL BEVERAGE, OR OATMEAL-TEA.

A very pleasant drink may be prepared from coarse bruised groats, or from oatmeal, by proceeding, as to quantities, &c., as directed for Barley-Water (*without boiling*), at p. 141.

#### APPLE BEVERAGE—APPLE-TEA.

(1.) *Apple-Tea*.—This drink, which is very pleasant, is best made with fruit previously roasted or cooked dry, by open exposure to the heat of the fire, as on the edge of the hob. Four apples should be used for every quart of the tea required, and the best moist sugar added to the extent of two ounces.

The whole of these ingredients—to which a table-spoonful of lemon syrup may be added or not, according to fancy—should then be placed in a cylindrical porcelain jar, sunk in a basin of boiling water—and boiling water should be quickly poured upon the fruit, which should be briskly stirred for a few seconds—and then covered down—set aside to cool, and strain through four folds of muslin.

(2.) *Apple Beverage* of another kind may be made by slicing six full-sized apples into a basin, stoning a quarter of a pound of raisins, and bruising down two ounces of loaf sugar—the whole of which ingredients should be thrown together into three pints of *boiling water*, and kept boiling for thirty minutes. After this, it should be set aside in a covered jar to cool, and strained through a fine hair sieve—and served cold.

Figs of equal weight may be used instead of raisins.

A drink may be similarly made, with from eighteen to twenty-four French plums to the same quantity of water, and the addition of a dessert-spoonful of lemon-juice.

## TOAST-WATER.

Toast-water may be of three kinds :—(1) *plain*; (2) *slightly flavoured* with good pale brandy or port wine; (3) *slightly acidulated*.

(1.) *Plain*.—Toast one slice of bread by slow degrees, until it is completely browned on both sides; then immerse it in one quart of pure water—let it stand for one hour—then strain it through a fine hair sieve—and serve.

(2.) *Slightly flavoured* with brandy or wine.—If it be thought advisable to admit of such, to every pint of the toast-and-water prepared as above, add two table-spoonfuls of the best pale brandy, or four table-spoonfuls of port wine.

(3.) *Slightly Acidulated*.—If the patient fancy the toast-and-water acidulated, to every pint of the liquor, prepared as above, add a table-spoonful of fine pounded sugar, and a dessert-spoonful of lemon-juice.

## LEMONADE AND ORANGEADE.

*Lemonade* may be made in two ways—one with, and the other without, boiling.

(1.) *With Boiling*.—Into three pints of boiling water put two ounces of fine Malaga raisins, stoned; let them boil gently for twenty-five minutes; meanwhile, slice two small lemons (one with the rind, the other without) very thin, and add that, with an ounce of moist sugar, to the boiling liquor; boil for fifteen minutes more, and skim; then set aside in a closed vessel to cool—strain through muslin—and serve.

(2.) *Without Boiling*.—(*Lemon-Tea*).—Slice two lemons very thin (one stripped of the rind, and the other not)—pound down two ounces of sugar-candy—add a teaspoonful of the finest Bermuda arrowroot, half an apple sliced, and one fig cut in halves—place all together in a capacious jar in the oven (*unclosed*) until quite hot; then pour thereon three pints of boil

ing water—stir briskly—cover over—set on the hob to macerate for thirty minutes (stirring frequently)—remove to cool—strain through a jelly-bag—and serve when quite cold.

*Orangeade* may be made like lemonade in every respect, and in either method—two small St. Michael oranges being used instead of the lemons (as stated).

## GLOSSARY OF TERMS USED IN THIS WORK.

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### C.

**CARDIALGIA**, heartburn, or spasm of the stomach.

**CHYLE**, the milk-like fluid absorbed by the lacteal vessels of the intestines.

**CHYLO-POIETIC**, a term applied to the viscera, and vessels connected with the formation of bile.

**CHYME**, the semi-fluid matter which passes from the stomach into the duodenum.

**CIRRHOSIS**, a disease consisting of diminution and deformity of the liver, which is granular, dense, wrinkled, and frequently of a rusty-brown colour, the result of frequent attacks of chronic inflammation of the substance of the organ.

**COLIC**, a painful affection of the colon, without fever.

**COLON**, the large intestines.

**CONSTIPATION**, confinement of the bowels.

### D.

**DEGLUTITION**, the act of swallowing.

**DEOBSTRUENTS**, medicines for removing obstructions, chiefly from the liver.

**DIETETICS**, the regulating the diet and regimen.

**DIGESTION**, the change of food into chyme by the mouth, stomach, and small intestines, and the absorption and distribution of the more nutritious parts of the chyle through the system.

**DUODENUM**, the first portion of the small intestine, commencing at the right extremity of the stomach, so called from its length being equal to the breadth of twelve fingers.

**DYSENTERY**, inflammation of the mucous membrane of the large intestines, with loose bloody stools.

**DYSPEPSIA**, indigestion.

### L

## E.

**EPIGLOTTIS**, a cartilage of the larynx, which acts as a trap-door to the opening of that organ.

## F.

**FISSURE**, a groove, or crack.

## G.

**GASTRALGIA**, pain, or spasms of the stomach.

**GASTRIC**, appertaining to the stomach.

——— **JUICE**, a fluid secreted by the glands of the stomach, to dissolve the food.

## H.

**HÆMORRHOIDS**, piles.

**HEPATIC**, appertaining to the liver.

**HEPATITIS**, acute inflammation of the liver.

**HOMŒOPATHY**, a system of medicine, whereby drugs are capable of curing diseases by virtue of the properties they possess, of creating on the body, in health, a like disease.

**HYPERÆSTHESIA**, exalted sensibility of nerve filaments.

## I.

**ICTERUS**, jaundice.

## L.

**LARYNX**, the upper part of the windpipe.

## O.

**ŒSOPHAGUS**, the gullet, a pipe extending from the mouth to the stomach, for the conveyance of food and drink.

## P.

**PANCREAS**, sweetbread, a large gland situated at the posterior part of the abdomen.

**PATHOLOGY**, the science of investigating the nature of diseases.

**PHARYNX**, the throat.

**PILULES**, small pilules, composed of starch and sugar of milk, used as vehicles for the administration of tinctures.

**PNEUMONIA**, inflammation of the substance of the lungs.

**PORTAL SYSTEM**, or circulation, a subordinate course of venous circulation, of which the liver is the centre.

**POTENCY**, strength of medicine.

**PRURITUS ANI**, itching of the anus.

———— **VAGINA**, itching of the vagina.

**PYROSIS**, water-brash, or blackwater.

## R.

**RECTUM**, the straight gut, the last stage of the large intestine terminating in the anus.

## S.

**SANGUINEOUS**, of the nature of blood.

**SCYBALOUS FÆCES**, hard, knotty motions.

**SUB-ACUTE GASTRITIS**, a modification of the acute form of inflammation of the stomach.

**SUB-LINGUAL GLANDS**, salivary glands situate underneath the tongue.

## T.

**THORAX**, the chest.

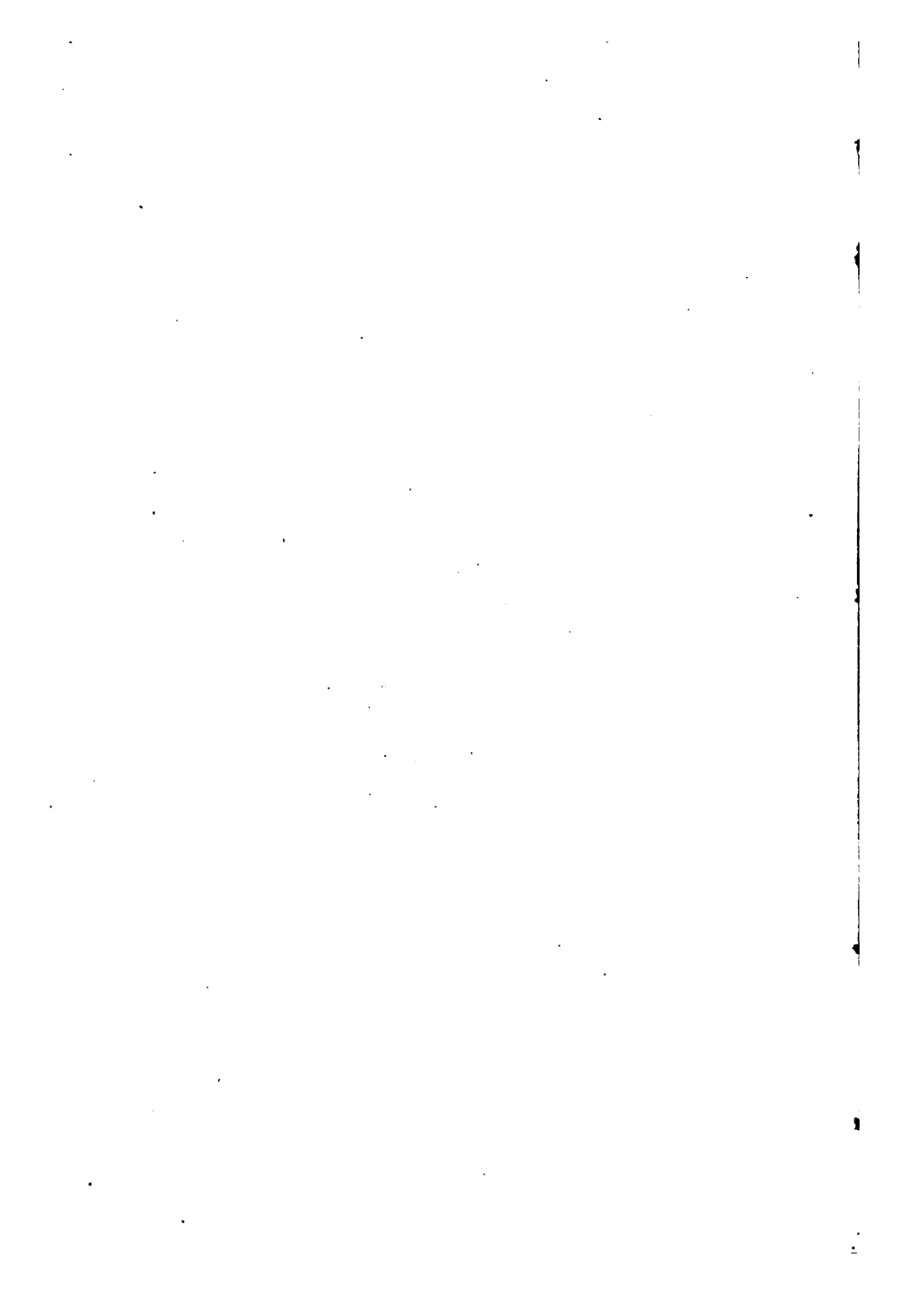
**TIC-DOULOUREUX**, painful affection of the nerves of the face, without any particular inflammatory action.

**TINCTURES**, the liquid essence of drugs.

**TONSILS**, glands situated in the throat.

**TRITURATIONS**, preparations made by the process of rubbing or pounding.

**TYPHUS**, malignant fever, in which low, nervous symptoms predominate.





# INDEX.

	PAGE
ACCOUNT of the Organs of Digestion ... ..	1
Air, Light, and Exercise, their sanitary employment ... ..	14
Air and Ventilation ... ..	15
Alimentary Canal, plate representing the ... ..	3
Anatomy of Piles ... ..	71
Animal Food, various qualities of ... ..	137
Apples, Cooked, generally wholesome ... ..	138
—— Plain Baked, Receipt for ... ..	<i>ib.</i>
—— Baked with syrup, Receipt for ... ..	139
—— In Marmalade ... ..	<i>ib.</i>
—— Stewed, Receipt for ... ..	<i>ib.</i>
Apple-Tea, two Receipts for ... ..	142
Arrowroot, simple and excellent Receipts for making ... ..	130
Articles of Diet which sometimes disagree, and should then be avoided ... ..	21
Articles of Diet which may be eaten in moderation by persons with delicate stomachs ... ..	21
BAKED Meat to be avoided ... ..	23
Beef-Tea, two varieties, Receipts for ... ..	127
Beer, ill-effects of— <i>Ars.</i> , <i>Nux vom.</i> , or <i>Puls.</i> ... ..	45
Beverages allowable ... ..	27
—— Temperature of ... ..	<i>ib.</i>
—— Stimulating, objections to them; precautions in discontinuing their use ... ..	<i>ib.</i>
Beverages for Dyspeptics, Receipts for making various ... ..	141
—— of Raspberry and Currant Syrups ... ..	140
—— of Pearl Barley ... ..	141
—— of Oatmeal ... ..	142
—— of Apples, Figs, and Raisins ... ..	<i>ib.</i>
—— of Prunes ... ..	143
Bile, Choleraic Diarrhoea— <i>Podoph.</i> , <i>Acon.</i> , <i>Ars.</i> , <i>Ipecac.</i> , or <i>Cham.</i> ... ..	99
Bile, Excessive secretion of ... ..	97
—— Secretion of, explained ... ..	9

	PAGE
Bilious temperament, selection of Medicines for ...	47
Bleeding Piles, various sources of ...	69
Boiled Fish ...	137
Brandy, ill-effects of— <i>Ars.</i> , <i>Carbo v.</i> , or <i>Nux v.</i> ...	45
Bread, ill-effects of— <i>Bryon.</i> , <i>Merc. s.</i> , or <i>Puls.</i> ...	46
Bread Pudding, two Receipts for ...	134
Brief Sketch of Mineral Springs ...	115
Broiled Fish, how to cook and serve ...	137
—— Larks ...	138
—— Meat the most wholesome ...	23
—— Mutton-chops ...	138
—— Rump-steak ...	137
Butter, Fresh Farm, generally wholesome ...	22
—— Salt, rancid, &c., &c., not allowable ...	ib.
 CALF'S-FOOT Jelly ...	135
Carlowitz Wine, description of ...	122
Cheese generally objectionable as diet ...	22
Chicken Broth, of plain or thickened ...	129
—— (roasted or boiled), directions for ...	138
Cholera, its remedies— <i>Arsen.</i> , <i>Cham.</i> , <i>Verat.</i> ...	77
Chronic Indigestion of the Stomach ...	35
—— Progress of First Stage ...	36
—— Second Stage ...	37
—— Third Stage ...	38
—— Fourth Stage ...	ib.
—— Causes of ...	ib.
Chronic Indigestion of Duodenum ...	39
—— Treatment, all forms of— <i>Nux v.</i> , <i>Cham.</i> , <i>Lach.</i> , <i>Sulph.</i> , <i>Puls.</i> , <i>Calc. c.</i> , <i>Ipecac.</i> , <i>Bryon.</i> , <i>Ignat.</i> ...	41
Chyle, description of ...	11
Chyme, description of ...	ib.
Cocoa or Chocolate, bad effects of— <i>Bryon.</i> or <i>Sulph.</i> ...	46
Coffee, bad effects of— <i>Cham.</i> , <i>Ignat.</i> , <i>Puls.</i> , or <i>Nux v.</i> ...	ib.
Colon, description of ...	4
Colour of Blood in Piles ...	70
Commendable Articles of Diet for persons of delicate digestion ...	127
Constipation, Causes of ...	59
—— Chief characters of ...	ib.
—— Remarks on ...	ib.
—— Treatment of Cœcum— <i>Nux v.</i> , <i>Bryon.</i> , <i>Verat. alb.</i> ...	63
—— Duodenal— <i>Podoph.</i> , <i>Merc. sol.</i> ...	62

	PAGE
Constipation, Treatment of Rectum— <i>Ignat.</i> , <i>Nux v.</i> ...	64
Croup, its remedies— <i>Acon.</i> , <i>Bell.</i> , <i>Merc. iod.</i> , <i>Spong.</i> ...	76
Currants (raw or cooked), generally wholesome ...	140
——— Jelly of, Receipt for ...	<i>ib.</i>
 Diet... ..	20
Digestion, process of ...	10
Dried Fruits (cooked or uncooked), generally wholesome ...	22
Dyspepsia, general remarks on ...	29
——— Acute ...	31
——— Causes of ...	32
——— Treatment of— <i>Acon.</i> , <i>Ant. crud.</i> , <i>Ars.</i> , <i>Bell.</i> , <i>Bryon.</i> , <i>Ipecac.</i> , <i>Merc. s.</i> , <i>Nux v.</i> , <i>Verat. alb.</i> ...	<i>ib.</i>
Dyspepsia, Diet ...	35
——— Chronic, with remarks ...	<i>ib.</i>
 Eggs, fresh, and very lightly boiled, allowable unless found to disagree ...	22
Eggs, ill-effects of— <i>Puls.</i> ...	46
Exercise, Air, and Light; their sanitary employment ...	16
——— when it should be resorted to ...	17
 FARINACEOUS Articles for Diet ...	24
Fish, Fried or Boiled, allowable in moderation ...	23
——— Fried, a period of rest required after eating... ..	26
——— Various modes of dressing ...	137
Fruits, ripe, and in proper season, generally wholesome, raw or cooked ...	21
Functions of the Skin affected by light, air, exercise, &c. ...	15
 GALL-BLADDER, description of—see diagram ( <i>d</i> ) ...	6
Game, of what kind, and how to be eaten by dyspeptics ...	24
——— period of rest after eating ...	26
Gastritis, Acute ...	31
——— Causes of ...	32
——— Symptoms of ...	31
——— Treatment of— <i>Acon.</i> , <i>Ant. c.</i> , <i>Ars.</i> , <i>Bell.</i> , <i>Bry.</i> , <i>Ipec.</i> , <i>Merc. s.</i> , <i>Nux v.</i> , and <i>Verat. a.</i> ...	32
Gastritis—Diet ...	35
Globules, description of, and mode of administration ...	10
Goose to be avoided ...	23
Green Tea, objections to ...	28

	PAGE
Grief, ill-effects of— <i>Bryon., Cham., Nux v.</i> ... ..	46
Groats, rough or prepared, Receipts for making gruel with ...	142
Gruel, simple Receipts for making, with Groats, Sago, Oatmeal, or Farinaceous Food ... ..	130
HABITS, general, of the patient ... ..	19
Hæmorrhoids (see Piles) ... ..	68
Heartburn, Causes of ... ..	52
——— Definition of ... ..	51
——— Symptoms of ... ..	ib.
——— Treatment of— <i>Acon., Arg. nit., Arn., Ars., Calc. c.,</i> <i>Ipecac., Merc. s., Nux v., Sulph.</i> ... ..	52
Hepatic Artery, Veins and Ducts, description of ... ..	8
——— Congestion, specific of— <i>Podoph.</i> ... ..	77
Hepatitis (see Acute Inflammation of the Liver) ... ..	100
Homœopathic Medicines, how prepared, &c. ... ..	8
Homœopathy, a specific mode of treatment ... ..	75
Hygiene ... ..	13
ILLUSTRATION representing Elementary Canal ... ..	3
Importance of Air, Light, and Exercise in Dyspeptic Complaints	14
——— Change of scene ... ..	20
——— Proper selection of food ... ..	14
——— Proper ablution with cold water ... ..	19
Indigestion arising from Beer— <i>Ars., Nux v., Puls.</i> ... ..	45
——— Bread— <i>Bry., Merc. s., Puls.</i> ... ..	46
——— Cocoa— <i>Bry., Sulph.</i> ... ..	ib.
——— Coffee— <i>Cham., Ign., Puls., Nux v.</i> ... ..	ib.
——— Eggs— <i>Puls.</i> ... ..	ib.
——— Fish— <i>Carbo an.</i> ... ..	45
——— Grief or Anger— <i>Bry., Cham., Nux v.</i> ... ..	46
——— Ice-Water— <i>Ars., Carbo v., Puls.</i> ... ..	ib.
——— Milk— <i>Ars., Bry., Calc. c., Nux v.</i> ... ..	ib.
——— Onions— <i>Thuja</i> ... ..	ib.
——— Pastry— <i>Bry., Puls., Sulph.</i> ... ..	ib.
——— Pepper— <i>Ars., Nux v.</i> ... ..	ib.
——— Pork— <i>Puls., Carbo veg.</i> ... ..	45
——— Prolonged Watching, or Excessive Study ——— <i>Arn., Lach., Nux v., Sulph.</i> ... ..	46
Indigestion arising from Salt and Rich Gravies— <i>Puls., Sulph.</i> ...	45
——— Salt Meats— <i>Ars. and Carbo veg.</i> ... ..	ib.

	PAGE
Indigestion arising from Sedentary Life— <i>Bry.</i> , <i>Calc. c.</i> , <i>Nux v.</i> , <i>Puls.</i> ... ..	46
Indigestion arising from Shell-fish— <i>Puls.</i> , <i>Carbo veg.</i> , and <i>Chin.</i> ...	45
———— Spirits in general— <i>Nux v.</i> , <i>Ars.</i> , <i>Carbo v.</i> ...	<i>ib.</i>
———— Tea— <i>Ars.</i> , <i>Coff.</i> , <i>Lach.</i> ... ..	46
———— Veal— <i>Calc. c.</i> , or <i>Ipecac.</i> ... ..	45
———— Wine— <i>Ars.</i> , <i>Coff.</i> , <i>Nux v.</i> ... ..	<i>ib.</i>
———— in the Bilious Temperament— <i>Bry.</i> , <i>Nux v.</i> , <i>Ars.</i> , <i>Sulph.</i> ... ..	47
Indigestion in the Lymphatic Temperament— <i>Ant. c.</i> , <i>Ars.</i> , <i>Calc. c.</i> , <i>Puls.</i> ... ..	<i>ib.</i>
Indigestion in the Melancholic Temperament— <i>Aur.</i> , <i>Ars.</i> , <i>Nux</i> , <i>Ipec.</i> ... ..	<i>ib.</i>
Indigestion in the Nervous Temperament— <i>Coff.</i> , <i>Ign.</i> , <i>Nux v.</i> , <i>Puls.</i> ... ..	<i>ib.</i>
Indigestion in the Sanguine Temperament— <i>Acon.</i> , <i>Bry.</i> , <i>Bell.</i> , <i>Cham.</i> , <i>Nux v.</i> ... ..	<i>ib.</i>
Inflammation, Acute, of Stomach (see Sub-acute Gastritis) ...	31
Internal Piles (see Piles) ... ..	68
Intestines, description of ... ..	10
Introduction ... ..	1
JAUNDICE ... ..	109
———— Causes and Treatment of ... ..	111
———— from Congestion of Liver and Bile-ducts— <i>Podoph.</i> , <i>Merc. sol.</i> ... ..	<i>ib.</i>
Jaundice from Gall-stone— <i>Lycop.</i> , <i>Acon.</i> , <i>Baths</i> , <i>Friction</i> , and <i>Hot Compresses</i> ... ..	112
Jaundice from Cancer or Liver, Palliative Treatment ... ..	<i>ib.</i>
———— Constipation (see Treatment of, Part III., page 59) ...	113
———— Mental Emotions— <i>Ign.</i> ... ..	112
———— Pregnancy— <i>Ign.</i> , and reclining on left side ... ..	113
———— of new-born Children— <i>Cham.</i> , <i>Merc. sol.</i> ... ..	<i>ib.</i>
Jellies, Receipts for making ... ..	135
LARKS, Receipt for Broiling, &c. ... ..	138
Lean of well-fed meat alone to be used for Diet ... ..	23
Lemonade, Receipt for making ... ..	143
Light, its importance to Health ... ..	16
Liver, Acute Inflammation of ... ..	100
———— Causes of ... ..	103
———— Diagnosis of ... ..	111

	PAGE
Liver, Acute Inflammation of—Termination of ... ..	102
—Treatment of— <i>Acon., Bry., Merc.</i>	
<i>sol., Nux v.</i> ... ..	103
Liver, Chronic Inflammation of ... ..	105
—Symptoms of ... ..	<i>ib.</i>
—Treatment of— <i>Acon., Podoph.,</i>	
<i>Coloc., Nux v., Acid. m., Acid. n., Sulphur</i> ... ..	106
Liver, Diseases of ... ..	90
—its Anatomy ... ..	5
—its Physiology... ..	9
—Torpor of, with Diminished Secretion of Bile ... ..	90
—Causes of ... ..	92
—Diagnosis of ... ..	93
—Symptoms of ... ..	92
—Treatment of ... ..	
— <i>Podoph., Merc. sol., Tarax.</i> ... ..	93
Liver, Torpor of, with Diminished Secretion of Bile, Hygiene	
and Diet of ... ..	96
Liver, Torpor of, with Excessive Secretion of Bile ... ..	97
—Symptoms of... ..	98
—Treatment of—	
<i>Podoph., Acon., Ars., Ipec., Cham.</i> ... ..	99
MACKEREL generally objectionable ... ..	24
Meals, proper time for rest after ... ..	18
Meat, Allowable in great moderation—lean, but well fed ... ..	23
—Baked, to be avoided... ..	<i>ib.</i>
—Boiled, with or without Vegetables ... ..	<i>ib.</i>
—Broiled preferable to any other ... ..	<i>ib.</i>
—Broths, the period of rest after partaking ... ..	26
—Fat, to be avoided ... ..	23
—Oily or greasy meats to be avoided ... ..	<i>ib.</i>
—Plain Boiled, without Salt or Brine ... ..	<i>ib.</i>
—Roasted, rather underdone ... ..	<i>ib.</i>
—Salted or Preserved, to be avoided ... ..	<i>ib.</i>
—Young, or White, to be avoided ... ..	<i>i.</i>
Medicines, a List of, as prescribed in this Essay ... ..	ix
—the Dose, and mode of administration ... ..	xii
—their modes of preparation ... ..	xi
Melancholic Temperament, description of... ..	57
Milk, New, occasionally allowable... ..	22
Mineral Waters of Ems ... ..	118
—Homburg ... ..	117

	PAGE
Mineral Waters of Karlsbad ... ..	115
————— Kissingen ... ..	116
————— Marienbad ... ..	115
————— Pullna ... ..	119
————— Seidschütz ... ..	<i>ib.</i>
————— Vichy ... ..	118
<i>Monthly Homœopathic Review</i> , case recorded in ... ..	61
————— <i>World</i> , case recorded in ... ..	<i>ib.</i>
Mutton Broth, simple Receipt for making ... ..	128
Mutton-chops, how to Broil ... ..	138
NERVOUS Temperament, description of ... ..	56
————— Bilious, description of ... ..	57
————— Sanguine, description of ... ..	<i>ib.</i>
OATMEAL Beverage, Receipt for ... ..	142
Œsophagus, description of ... ..	5
Orangeade, Receipt for ... ..	144
PANADAS, various Receipts for ... ..	133
Pancreas (Sweetbread), description of ... ..	5
Part I.—General Treatment—Hygiene ... ..	12
Part II.—Dyspepsia ... ..	29
Part III.—Constipation ... ..	59
Part IV.—Hæmorrhoids ... ..	68
Part V.—Diseases of the Liver ... ..	91
Part VI.—Mineral Springs ... ..	115
Part VII.—Hungarian Wines ... ..	120
Peaches, Stewed, Receipt for ... ..	140
Pears, Stewed, Receipt for ... ..	<i>ib.</i>
Period to be allowed for rest after eating ... ..	25
Pharynx (the Gullet), description of ... ..	5
Piles, Cases illustrative of Profuse Hæmorrhage ... ..	70
—— Causes of ... ..	73
—— Diet and Hygiene of ... ..	79
—— (Hæmorrhoids), general remarks on ... ..	69
—— Homœopathic Treatment of— <i>Acon., Ars., Ham., Nux v., Sulph.</i> ... ..	78
Piles, Observations on Allopathic Treatment of ... ..	74
—— Symptoms of ... ..	72
—— Various forms of ... ..	69
Pilules, description of ... ..	9
Plums, Cooked or Dried, generally wholesome ... ..	22

	PAGE
Plums, Raw, to be avoided...	22
Potency, description of	8
Poultry, if oily, as Ducks, Geese, &c., to be avoided	24
Process of Digestion (see Digestion, Process of)	10
Pruritus Ani...	80
Causes and Symptoms of	81
Treatment of various causes	82
If from Climacteric period— <i>Acon.</i> , <i>Bell.</i>	84
Constipation (see Part III., p. 62)	<i>ib.</i>
Diseases of Liver (see Part V., p. 93)	<i>ib.</i>
Earth-worm— <i>Merc. sol.</i> , <i>Spig.</i>	83
Hæmorrhoidal Affections (see Part IV., p. 74)	84
Tape-worm— <i>Arg. nit.</i> , <i>Ter.</i>	83
Thread-worm— <i>Ars.</i> , <i>Ign.</i> , <i>Merc. sol.</i>	<i>ib.</i>
Pruritus Ani, general Remedies for pure form of— <i>Acon.</i> ,	
<i>Ant. c.</i> , <i>Bell.</i> , <i>Ignat.</i> , <i>Sulph.</i>	85
Puddings, a Series of Receipts for making	131
of Bread, or Sponge-cake	134
Custard	<i>ib.</i>
Rice	131
Tapioca, Semolina, or Sago	132
Vermicelli	<i>ib.</i>
Purgatives, a frequent cause of Constipation	65
Pyrosis (see Water-brash)	47
RANCID or Salt Butter always to be avoided	22
Raspberries, Ripe (raw or cooked), generally wholesome	<i>ib.</i>
Raspberry and Currant Syrups, Receipts for making and serving	141
Raw Ripe Fruit, in season, generally wholesome	21
Receipts, simple, for making two varieties of Beef Broth or Tea	127
Receipts, simple, for making Mutton Broth	128
Puddings, Panadas, Jellies, &c.	131
Rice Pudding, Rice-Milk, Vermicelli Pudding, and Vermicelli-Milk	<i>ib.</i>
Receipts, simple, for making Tapioca, Sago, &c., in Puddings or Sops	132
Receipts, simple, for making Panadas, with or without flesh	133
Bread Puddings, with or without flavouring...	134
Receipts, simple, for boiling, frying, or broiling Fish	137



	PAGE
Receipts, simple, for cooking Steaks and Chops ...	137
----- for making Calf's-Foot and other Jellies ...	135
----- Custards ... ..	134
----- Orange Jelly ... ..	136
----- for roasting, boiling, or broiling Chickens, Larks, Partridges, &c. ... ..	138
Receipts, simple, for baking Apples, plain or with syrup ...	<i>ib.</i>
----- for stewing Apples, or making Apple Marma- lade ... ..	139
Receipts, simple, for stewing Pears ... ..	140
----- Peaches ... ..	<i>ib.</i>
----- for cooking Raspberries or Currants, and making a pure Fruit Jelly ... ..	<i>ib.</i>
Receipts, simple, for making various beverages for the sick- room ... ..	141
Receipts, simple, for making and serving Currant and Raspberry Syrups ... ..	<i>ib.</i>
Receipts, simple, for making Barley-Water or Barley-Tea (with or without boiling) ... ..	<i>ib.</i>
Receipts, simple, for making Oatmeal Beverage or Oatmeal Tea ... ..	142
Receipts, simple, for making Apple Beverage or Apple-Tea ...	<i>ib.</i>
----- Toast-Water, plain, flavoured, or acidulated ... ..	143
Receipts, simple, for making Lemonade or Orangeade ...	<i>ib.</i>
 SALIVARY Glands ... ..	4
Salmon generally objectionable ... ..	24
Salt Butter to be avoided ... ..	22
Salted or Preserved Meats injurious ... ..	23
Soles plainly Boiled or Fried, generally wholesome ... ..	<i>ib.</i>
Steak of the Rump of Beef, how to Broil ... ..	137
Stewed Apples, Receipt for ... ..	139
----- Pears and Peaches, Receipt for ... ..	140
Stimulating Beverages, precautions in discontinuing ... ..	27
Stomach, Anatomical description of ... ..	5
----- Sub-Acute Inflammation of ... ..	31
----- Symptoms of ... ..	<i>ib.</i>
----- Causes and Treatment of ... ..	32
Strawberries, ripe, raw, or cooked, generally wholesome... ..	22
Sympathies, important, between the Skin and Organs of Diges- tion ... ..	15

	PAGE
Symptoms and varieties of Chronic Derangement of the Stomach, &c. ... ..	35
Symptoms exhibited by Duodenal Dyspepsia ... ..	40
_____ general, of Acute Inflammation of Liver ... ..	101
_____ Chronic Inflammation ... ..	105
_____ Constipation ... ..	59
_____ Fissure of the Anus ... ..	86
_____ Heartburn ... ..	51
_____ Jaundice ... ..	109
_____ Piles ... ..	72
_____ Pruritus Ani ... ..	81
_____ too active Liver ... ..	97
_____ Torpor of the Liver ... ..	92
_____ Water-brash ... ..	48
TABLE, indicating the period of rest after eating ... ..	25
_____ of Medicines as prescribed in this Work ... ..	7
Tapioca Pudding, Receipt for making ... ..	132
_____ Milk, Receipt for making... ..	133
Tea, Green, and weak Black ... ..	28
Temperature of the Food in eating ... ..	27
_____ Water for drinking ... ..	ib.
Temperaments of body, the various ... ..	55
_____ Bilious ... ..	ib.
_____ Lymphatic ... ..	56
_____ Lymphatic-Sanguine ... ..	57
_____ Melancholic... ..	ib.
_____ Nervous ... ..	56
_____ Nervous-Bilious ... ..	57
_____ Nervous-Lymphatic ... ..	ib.
_____ Nervo-Sanguine ... ..	ib.
_____ Sanguine ... ..	55
Time of rest after Meals ... ..	18
Toast-Water, three simple Receipts for making ... ..	143
Tongue, anatomical description of ... ..	4
Triturations ... ..	xi
Tumours, Hæmorrhoidal, various kinds of—Internal, External, Bleeding, and Blind ... ..	71
Turbot, plainly boiled, generally wholesome ... ..	23
Turkey, if fatted, to be avoided ... ..	ib.
UNDERDONE Meat, roasted or boiled, to be preferred ... ..	23

	PAGE
VEGETABLES, plainly boiled, generally wholesome ...	24
Ventilation and Air ...	15
Vermicelli Puddings, Receipt for making...	132
WALK, when beneficial ...	17
Water, Cold, the important external use of ...	19
Way in which the food should be eaten ...	26
White or Young Meat, such as Veal, Lamb, Pork, to be avoided ...	23
Wine, quantity of, allowable in Jellies when there is no fever ...	137
Wines, description of, as referred to in this book ...	120
—— Carlowitz (Hungarian) ...	122
—— Edeburg ...	124
—— Ofner Auslese ...	123
—— Ruster Ausbruch, dry ...	125
—— Somlau ...	124
—— Tokay, Imperial ...	124

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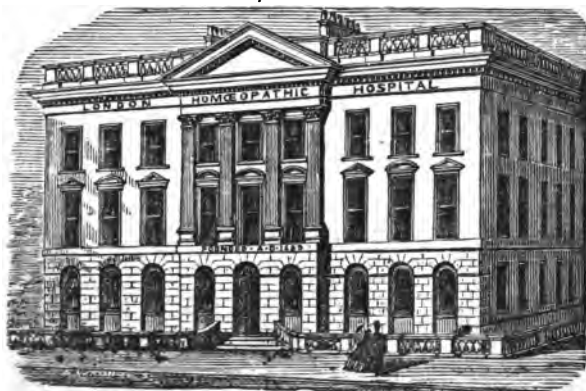
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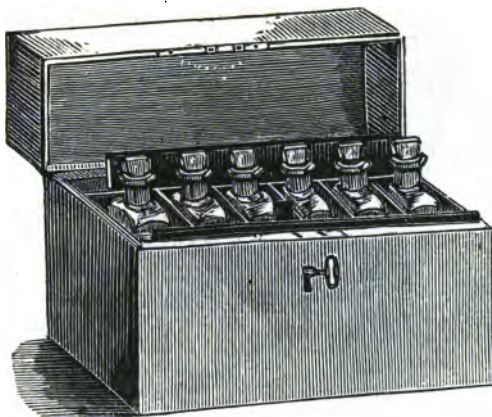
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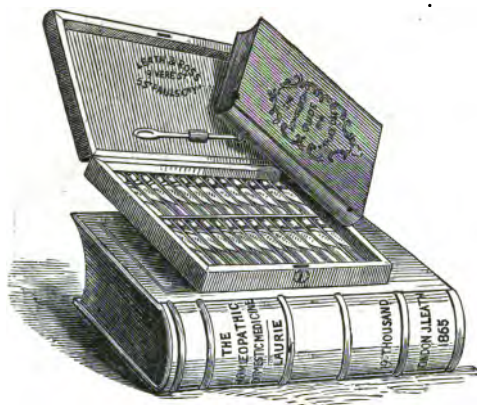
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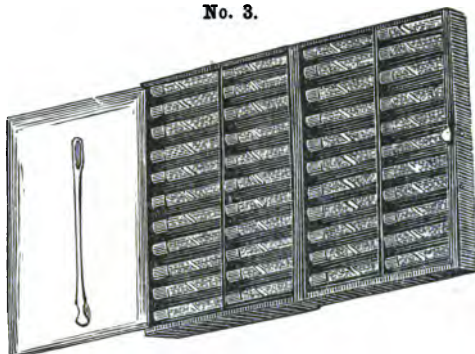
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China Offic. 3.		

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No. 3.



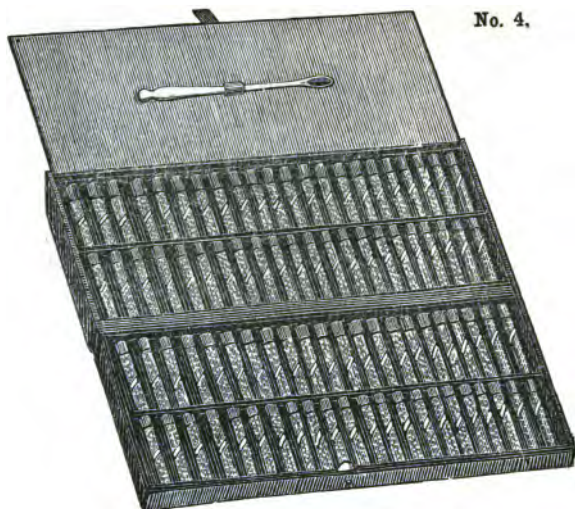
**A Morocco Pocket Folding Case,**  
 ADAPTED TO THE "EPITOME" OF DR. LAURIE'S "DOMESTIC  
 MEDICINE."

Price 30s.

Case No. 3 contains the following Medicines in Globules:—

Acidum Nitr. 3.	Cina Anth. 3.	Mercurius Sol. 6.
Acidum Sulph. 3.	Cocculus 3.	Mercurius Viv. 6.
Aconitum Nap. 3.	Coffea 3.	Nux Vomica 3.
Antimon. Crud. 6.	Colocynth. 3.	Opium 3.
Antimon. Tart. 6.	Cuprum A. 3.	Phosphorus 3.
Arnica Montana 3.	Drosera 3.	Pulsatilla Nig. 3.
Arsenicum Alb. 3.	Dulcamara 3.	Rhus Tox. 3.
Belladonna 3.	Euphrasia Off. 3.	Sambucus 3.
Bryonia Alb. 3.	Helleborus Nig. 3.	Secale Corn. 3.
Calcarea Carb. 6.	Hepar Sulph. 6.	Sepia 6.
Cantharides 3.	Hyoscyamus 3.	Silicea 6.
Carbo Veg. 6.	Ignatia Amara 3.	Spongia 3.
Chamomilla 3.	Ipecacuanha 3.	Sulphur 3.
China 3.	Lachesis 6.	Urtica Dio. 3.
Cicuta Virosa 3.	Lycopodium 3.	Veratrum 3.

A Vertical Mahogany or Rosewood Case, containing the above Medicines in Tinctures (price 38s.), in two-drachm bottles; and, for the same price, a Morocco Folding Tincture Case may be had, suitable for the pocket or travelling.



No. 4.

**Morocco Pocket Folding Case,  
ADAPTED TO DR. LAURIE'S "DOMESTIC MEDICINE."  
Price 50s.**

It contains the following Medicines in Globules:—

Acidum Mur. 3.	China 3.	Iodum 3.	Pulsatilla Nig. 3.
Acidum Nitr. 3.	Cicuta Vir. 3.	Ipecacuanha 3.	Rheum Palm. 3.
Acidum Phos. 3.	Cina 3.	Jalapa 3.	Rhus Tox. 3.
Acidum S. 3.	Cocculus 3.	Kali Bichr. 3.	Ruta Grav. 3.
Aconitum N. 3.	Coffea 3.	Kali Carb. 3.	Sabina 3.
Alumina 6.	Colchicum 3.	Kreosotum 3.	Sambucus 3.
Ammon. Carb. 3.	Colocynth. 3.	Lachesis 6.	Secale Corn. 3.
Ammon. Mur. 6.	Conium 3.	Ledum Palus. 3.	Sepia 6.
Antimon. C. 6.	Crocus Sat. 3.	Lobelia Infl. 1.	Silicea 6.
Antimon. T. 3.	Crotalus 6.	Lycopodium 3.	Spigelia 3.
Arnica Mont. 3.	Cuprum Met. 6.	Mercurius C. 3.	Spongia 3.
Arsenicum A. 3.	Cuprum Acet. 3.	Mercurius S. 6.	Squilla 3.
Aurum Metal. 6.	Digitalis 3.	Mercurius V. 6.	Stannum 6.
Barytes Carb. 6.	Drosera 3.	Moschus 3.	Staphysagria 3.
Belladonna 3.	Dulcamara 3.	Natrum Carb. 3.	Stramonium 3.
Bryonia Alba 3.	Euphrasia 3.	Natrum Mur. 3.	Sulphur 3.
Calcarea Carb. 6.	Ferrum Met. 6.	Nux Vomica 3.	Thuja 3.
Calendula Off. 3.	Graphites 6.	Opium 3.	Urtica Dio. 3.
Cantharides 3.	Helleborus N. 3.	Petroleum 3.	Veratrum 3.
Carbo Veg. 6.	Hepar Sulph. 3.	Phosphorus 3.	Viola Tricol. 3.
Causticum 3.	Hyoscyamus 3.	Platina 6.	Zincum Met. 6.
Chamomilla 3.	Ignatia Amara 3.	Plumbum M. 6.	

The above Medicines are supplied in a neat Mahogany Case, in Tinctures, price 60s.



### A Mahogany Vertical Case,

ADAPTED TO THE "EPITOME" OF DR. LAURIE'S "DOMESTIC MEDICINE."

With the addition of a Drawer containing Tinctures for External Application; also a compartment holding the Book (bound in Calf).

Price £3 3s.

Medicines as follows, for internal use, in Globules:—

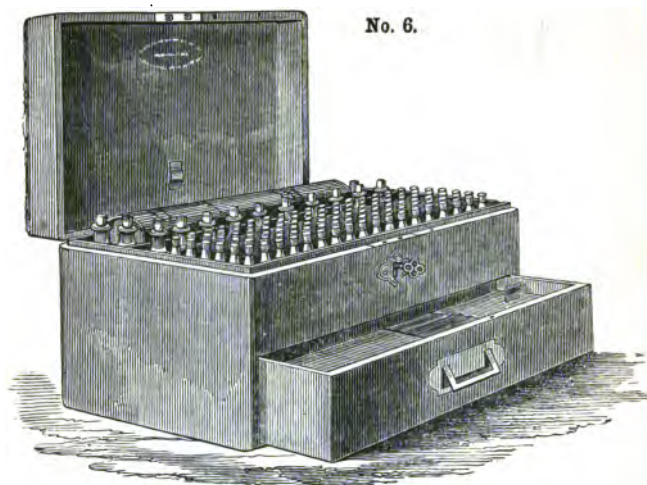
Acidum Nitr. 3.	Chamomilla 3.	Helleborus Nig. 3.	Phosphorus 3.
Acidum Sulph. 3.	China 3.	Hepar Sulph. 6.	Pulsatilla N. 3.
Aconitum Nap. 3.	Cicuta Virosa 3.	Hyoscyamus 3.	Rhus Tox. 3.
Antimon. Crud. 6.	Cina Anth. 3.	Ignatia Amara 3.	Sambucus 3.
Antimon. Tart. 6.	Cocculus 3.	Ipecacuanha 3.	Secale Corn. 3.
Arnica Montana 3.	Coffea 3.	Lachesis 6.	Sepia 6.
Arsenicum Alb. 3.	Colocynth. 3.	Lycopodium 3.	Silicea 6.
Belladonna 3.	Cuprum A. 3.	Mercurius Sol. 6.	Spongia 3.
Bryonia Alb. 3.	Drosera 3.	Mercurius Viv. 6.	Sulphur 3.
Calcarea Carb. 6.	Dulcamara 3.	Nux Vomica 3.	Urtica Dio. 3.
Cantharides 3.	Euphrasia Off. 3.	Opium 3.	Veratrum 3.
Carbo Veg. 6.			

And for external use in Tinctures:—

Arnica Montana 0.	Cantharides 2.	Rhus Toxicodendron 0.
Calendula Officinalis 0.	Causticum 2.	Urtica Urens 0.

The same arrangement in Tinctures, complete, price  
£4 4s.

(See Illustration No. 12.)



No. 6.

This Case contains one hundred and eight bottles, and is the most complete and comprehensive that can be required for household practice, and is fully adapted to the wants of families residing in remote country districts, clergymen in their labours amongst the poor, missionaries, and emigrants. It includes a complete assortment of all the Medicines, whether for internal or local use, prescribed in Dr. Laurie's "Domestic Medicine," and it is fitted with a compartment enclosing that Work, bound in calf, and a drawer to contain the little accessory requisites;—altogether reduced to a most convenient compass, and containing an unusually large supply of each Medicine. The price of this Chest, including Dr. Laurie's "Domestic Medicine," as represented in the Illustration No. 6, is £6 6s.; or with the additional twelve remedies for the treatment of Diphtheria, prescribed in the form of Tinctures and Triturations, £7.

The list of Medicines in Globules (besides local applications) comprised is the same as that given for the Case at Illustration No. 4, with the addition of the following duplicate potencies:—

Acidum Nitr. 6.	Bryonia Alba 6.	Lachesis 12.	Sabina 6.
Aconitum Nap. 6.	China 6.	Mercurius Corr. 6.	Secale Corn. 6.
Arnica Mont. 6.	Cicuta Vir. 6.	Nux Vomica 6.	Sepia 12.
Arsenicum 6.	Cocculus 6.	Phosphorus 6.	Silicea 12.
Belladonna 6.	Hepar Sulph. 12.	Pulsatilla Nig. 6.	Veratrum 6.

No. 7.



The Case containing twelve tubes of Globules, and of which the price is 10s., includes the following, represented by Illustration No. 7 :—

Aconitum Nap. 3.	Chamomilla 3.	Nux Vomica 3.
Arsenicum Alb. 3.	Hepar Sulph. 6.	Pulsatilla 3.
Belladonna 3.	Ipecacuanha 3.	Sulphur 6.
Bryonia Alb. 3.	Mercurius Sol. 6.	Veratrum 3.

A Case containing the above twelve medicines, in Tincture; Flat Morocco, or Vertical Mahogany, price 15s.

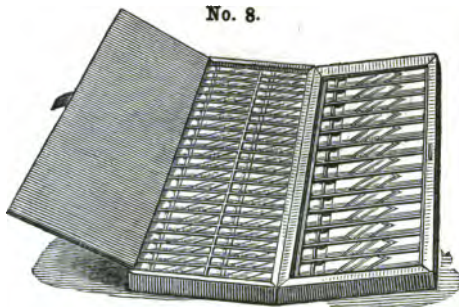
A Case especially adapted to the treatment of Diphtheria, of which the price is 12s., includes the following :—

Acidum Muriaticum, Tincture, 3.	Bromium, Tincture, 1.
„ Nitricum, „ 3.	Iodium, „ 1.
Ammonium Carb. „ 1.	Kali Bichrom. „ 1.
„ Causticum, „ 1.	„ Chloricum, „ 1.
Arsenicum „ 1.	Mercurius, Trituration, 1.
„ Iod. Trituration, 1.	„ Iod. „ 1.

CASES FOR CHOLERA.—These are specially fitted to contain the six staple Homœopathic Remedies in the treatment of Cholera, besides the Tincture of Camphor, which is supplied separately. The price of the Cholera Cases is 6s. and 10s., according to the size of the bottles. The price of Camphor, in Morocco or Boxwood Cases, 2s. 6d., 3s. 6d., and 4s. 6d.

Plain directions for the treatment of Cholera, free by Post.

No. 8.



**A Morocco Pocket Case,**

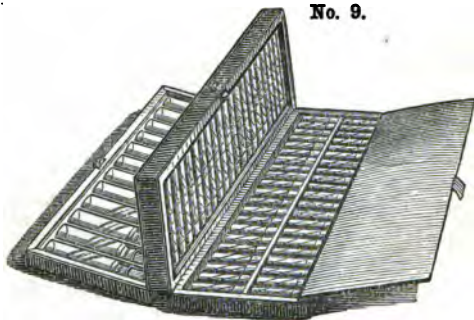
**ADAPTED TO THE "EPITOME" OF DR. LAURIE'S "DOMESTIC MEDICINE."**

**With the addition of the Medicines for the treatment of Diphtheria.**

**Price £2 2s.**

The same list of Medicines as given under Illustration No. 3, with the addition of the twelve medicaments prescribed for Diphtheria.

No. 9.



**A Morocco Pocket Folding Case,**

**ADAPTED TO DR. LAURIE'S "DOMESTIC MEDICINE."**

**With the addition of the Medicines for the treatment of Diphtheria**

**Price £3 3s.**

No. 10.

**A Mahogany Vertical Case,**

ADAPTED TO DR. LAURIE'S "HOMŒOPATHIC GUIDE, FOR  
FAMILY USE."

With the addition of a Drawer containing the Tinctures for External Use; also a compartment holding the Book, bound in Morocco.

Price £1 10s.

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For List of Medicines, see Illustration No. 2. The external Tinctures are Arnica, Calendula, and Rhus Tox.

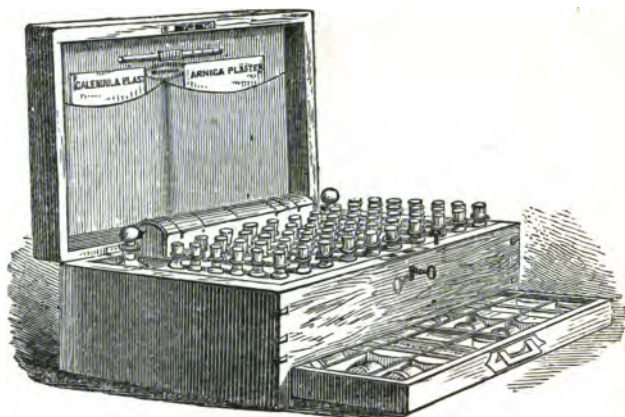
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For a short summary of prices, &c., of Homœopathic Medicines and Cases, see page 15, at the end of this Prospectus.

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L. & R. undertake to send an assortment suited to any Domestic Work; so that purchasers have only to say that they would like a Case similar to such-and-such Illustration, suited to the Work or Guide they may have.

No. 12.



### A Mahogany Vertical Case,

ADAPTED TO DR. LAURIE'S "EPITOME OF HOMŒOPATHIC  
DOMESTIC MEDICINE."

Containing the Medicines in the form of Tinctures, for Internal as well as External use ; also a compartment that holds the Book, bound in Calf.

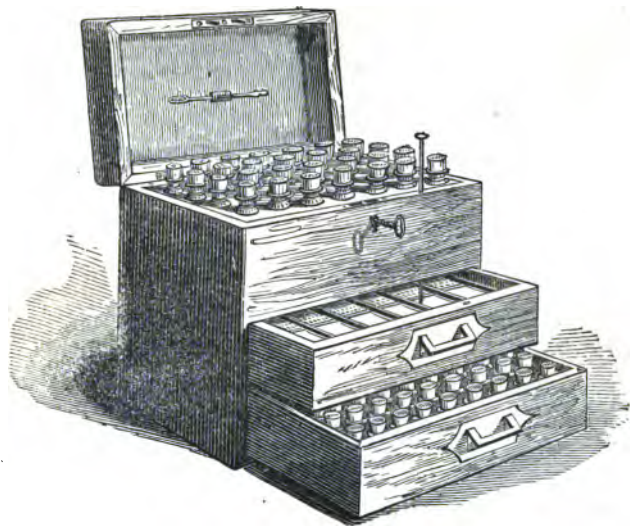
Price £4 4s.

List of Medicines the same as given under Illustration No. 5.

The chief consideration in selecting a Case and assortment of Medicines, is to render it as complete as possible for the purpose to which it is to be devoted at the onset. With this view, whatever book the purchaser habitually uses, it is ever desirable that the Case or Chest should contain a complete assortment of the Medicines referred to in such book.



No. 12a.



**A Mahogany Vertical Case,**

Containing Twenty-eight Medicines in the form of Tinctures, for Internal use; Eight Tinctures for External use; and Sixty Bottles of Pilules. A very perfect Case, adapted to any of the Domestic Guides.

**Price £4 15s.**

The selection of Medicines made to complete each Case, is founded upon the relative frequency with which the Medicines are prescribed in Household Works of physicians of eminence. It must, however, be understood, that Cases of any given size are promptly fitted up to any list of Medicines which purchasers may select for themselves, in preference to the usual assortment.

## VETERINARY HOMŒOPATHY.

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A complete Case of Medicines, in oak wood, adapted to Harry Gooday's "Text-book of Veterinary Homœopathic Practice," for the treatment of the Horse, Dog, Ox, Cow, Sheep, and Pig; containing all the Medicines which that Work prescribes, in one-ounce bottles of Tinctures, and half-ounce bottles of Trituration for internal use; also six quarter-pint bottles of Tinctures for external use; with other accessories: a box of scales and weights, carefully adjusted, with glass pans; oiled silk, lint, plaster, scissors, &c., and a copy of the Work, £5 10s.

*Also, adapted to the above Work,*

An Oak Case, containing a selection of the principal Remedies, twenty-four in number, in half-ounce bottles, £1 4s.

---

An Oak Case, fitted up to Rush's "Hand-book," or Moore's "Veterinary Homœopathy," containing twenty-four of the most useful Medicines, in half-ounce bottles, suitable for those desirous of commencing the treatment of domestic animals, £1 4s.

# CASES,

CONTAINING THE

**Homœopathic Medicines, in Globules, Pilules, and Tinctures,  
for the Pocket or the Table,**

In a variety of Patterns, may be had at the following prices :—

CASES		s. d.	CASES		s. d.
With 6 Remedies, in Globules,	6 0		With 24 Remedies, in Pilules,	24 0	
12   "                   "           "	10 0		36   "                   "           "	32 0	
18   "                   "           "	15 0		48   "                   "           "	42 0	
24   "                   "           "	18 0		6   "                   in Tinctures,	10 0	
48   "                   "           "	30 0		12   "                   "           "	15 0	
60   "                   "           "	40 0		18   "                   "           "	20 0	
84   "                   "           "	50 0		24   "                   "           "	24 0	
104   "                   "           "	60 0		36   "                   "           "	32 0	
6   "                   in Pilules,	7 6		45   "                   "           "	38 0	
12   "                   "           "	12 0		50   "                   "           "	45 0	

Cases are also fitted up to order, and adapted to Domestic Works of all kinds ;  
likewise, refilled and refitted, if required.

**Arnica, Cerate, in 1s. Bottles.**

**Arnica Plaster, in 1s. Packets.**

**Arnica Opodeldoc,**

In 1s. & 2s. Bottles.

**Rhus Opodeldoc,**

In 1s. & 2s. Bottles.

**Arnicated Corn Plasters,**

In Boxes, 1s. each.

**Single Bottle of any Medicine,**

In Tincture or Trituration, 1s.

Per Post, 1s. 6d.

**UNMEDICATED DENTIFRICE,**

Wholly devoid of any medicinal ingredient, yet not to be surpassed for its cleansing and preserving properties without fear of injury either to teeth or gums.

In Boxes, 1s. ; Bottles, 1s. 3d.  
and 2s. 6d.

**Calendula Cerate, in 1s. Pots.**

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2s. and 2s. 6d. the Set of Three.

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2s. and 2s. 6d the Set.

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**A Single Tube of any Medicine,**

In Globules or Pilules, 9d.

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Prepared with great care, and not objectionable for use whilst under treatment.

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Prevents the Hands from Chapping ; imparts a beautiful Softness and Elasticity to the Skin ; produces that delicacy of texture and Whiteness of the hands so much admired by the Fair Sex.

Does not irritate the most delicate Skin ; and may be applied to the Face, Neck, or Hands with impunity ; contains no deleterious ingredient, and is perfectly admissible whilst under Homœopathic Treatment. Those who suffer from the heat of summer, as well as from the cold of winter, will alike find comfort from the use of the AMYLINE, both before and after exposure.

Gentlemen will find in the AMYLINE a most useful Toilette requisite, if applied after Shaving : it removes all stiffness and redness of the Skin ; renders it soft and pliant ; and imparts a feeling of great comfort. It does not stain or injure any fabric ; will keep any length of time, and in any Climate.

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